

At Home

Store food well

Keep food out of harm's way by:

- Keeping high-risk chilled food in the fridge.
- Keeping frozen foods frozen hard.
- Storing foods in clean, non-toxic, food storage containers.
- Covering food in leak-proof containers with tight-fitting lids or wrap in foil or plastic film.
- Storing cooked foods separately from raw foods.
- Storing raw meats, seafood and chicken at the bottom of the fridge, in sealed or covered containers.
- Storing left-overs in the fridge. Packaged food and food from cans and jars can become high-risk once opened.
- Not storing food in opened cans.
- Avoiding egg, dairy and meat products past their use-by dates.

Wash hands when preparing food

- Wash hands in warm, soapy water before preparing food for at least 30 seconds.
- Wash your hands thoroughly before preparing food and after handling raw meats, chicken, seafood, eggs and unwashed vegetables.
- Dry your hands with clean towels or disposable towels.
- If you have any cuts or wounds on your hands, cover them with waterproof wound-strips or bandages.
- Wear clean, protective clothes like an apron when preparing food.
- If you feel unwell, let someone else prepare the food.

Keep things clean and separate

- Prevent quality food from turning nasty by keeping things clean and separate.
- Keep raw foods separate from ready-to eat foods.
- Use separate and clean utensils and equipment for ready-to-eat food.
- Don't use the same equipment and utensils for raw foods and for ready-to-eat foods, without thoroughly cleaning them first.
- Thoroughly clean and dry cutting-boards, knives, pans, plates, containers and other utensils after using them.
- Use hot soapy water to wash things and ensure they are thoroughly dry before using them again.
- Use fresh clean tea-towels or disposable towels to dry utensils and equipment, otherwise allow them to air-dry.

food safety



Keep things clean and separate... continued

- Use a dishwasher with appropriate detergents to wash and dry utensils and equipment.
- Rinse raw fruits and vegetables with clean water before using them.
- Avoid pets around areas where food is prepared or stored.
- Remove pests and vermin from where food is prepared or stored.

Use the fridge to thaw frozen food

Bacteria can grow in frozen food while it is thawing, so keep frozen food out of the Temperature Danger Zone.

- Unless instructions direct otherwise, thaw frozen food in the fridge or use a microwave oven.
- If instructed on packaged frozen food, prepare and cook the food as directed, straight from the freezer.
- Defrost frozen meats, fish and poultry thoroughly before cooking.
- Keep defrosted food in the fridge until it is ready to be cooked.
- If defrosting using a microwave oven, cook the food immediately after defrosting.
- If you are using a microwave oven, speed-up the thawing by separating defrosted portions from still-frozen portions.
- Avoid re-freezing thawed food.

Cook it right

One of the most important things you can do to stop food turning nasty is to cook it thoroughly, especially high-risk foods.

- Cook poultry until the meat is white— there should be no pink flesh.
- Cook hamburgers, mince, sausages, and rolled or stuffed roasts right through until any juices run clear.
- Cook white fish until it flakes easily with a fork.
- Most foods should be cooked to at least 75°C.
- Use a meat thermometer to help you get the temperature right. Meat thermometers are available from many retail stores that sell kitchen utensils and barbecue equipment.
- Thoroughly cook foods made from eggs such as omelettes and baked egg custards.
- Take extra care when preparing foods where the eggs remain uncooked such as egg-nog and home-made mayonnaise, as bacteria on the egg shells can contaminate the food.

Cooling & reheating food

- Reheat foods thoroughly so they are steaming (above 75°C) or boiling.
- Keep cooked food out of the Temperature Danger Zone.
- If you need to store food for later use, once the steam stops rising cover it and put it in the fridge.
- When you cook ahead of time, divide large portions of food into small shallow containers for refrigeration.
- If you don't want to cool the food straight away, keep hot food at a temperature of 60°C or hotter.