

FOOD + SAFETY

Cover All Four Bases To Avoid Foodborne Illness

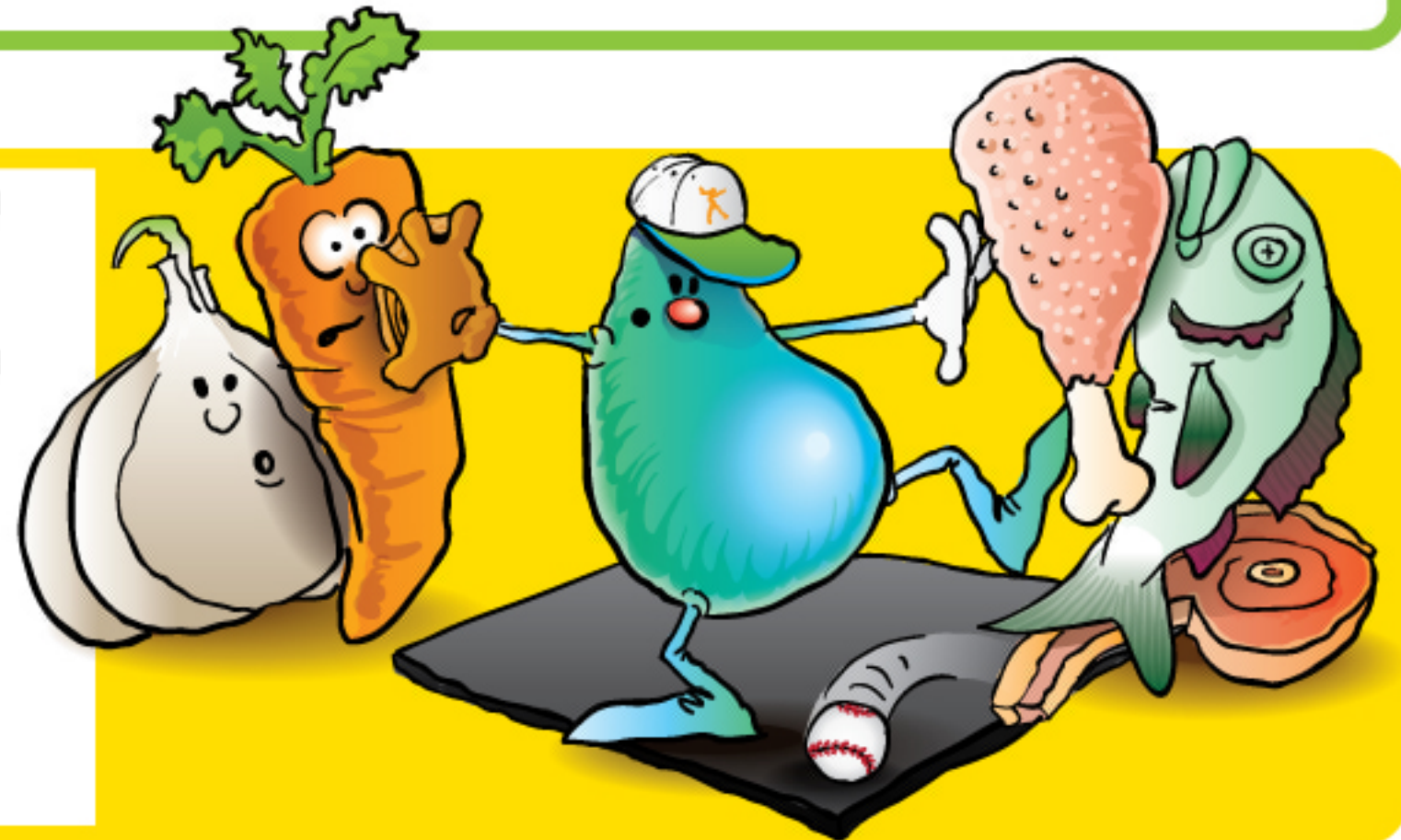


CLEAN

Your hands, tools, and food preparation area should all be clean before you cook.

SEPARATE

Steer clear of cross-contamination by keeping raw meat, poultry, seafood & eggs separate from all other foods.



COOK

Cook to proper temperature and serve hot: Don't stay in the danger zone!

Cook your food completely and make sure it reaches the proper temperature before eating. Use 70° for leftover reheating. Avoid the danger zone between 5° and 60°C. See foodstandards.gov.au for the temperature control guide.

Chill quickly: Don't be in the danger zone! **CHILL**

Chill leftovers quickly or within 1-2 hours. Defrost food in the refrigerator or under cold running water. Serve and store cold food cold below 5°C.

