

**Avoid  
Unpasteurised...**



**Cold Food  
Last...**



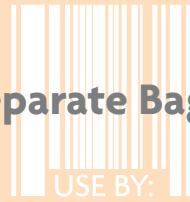
**Food Home Fast..**



**Check Dates...**



**Separate Bags..**



**Speak Out...**



**Check Eggs...**



**Look for the  
Date...**



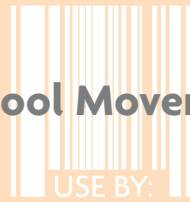
**Keep an Eye...**



**Pack  
Safely...**



**Cool Mover...**



**Warm Boot...**



**Date Marks...**



**Cool Bag...**



**Don't be  
Seduced...**



**Last Stop  
Freezer...**



**Clean Bags...**



**Get Into  
the Habit...**



**Buy Cold...**



**Report it...**



**CHOOSING**



Don't buy food past the 'use by' date as it could be unsafe to eat	Don't delay. Get your groceries home and in the fridge fast and don't leave food in a hot car	Bacteria thrive at room temperature. So, shop for chilled and frozen foods last and get them home fast	Avoid unpasteurised food such as raw milk and soft cheeses as these can contain harmful bacteria
Perishable foods carry a 'use by' date on the label. Don't eat food after this date as it may be unsafe to eat	Don't buy cracked eggs and check the date on the box	If you aren't satisfied with food hygiene standards in a food business tell them	Pack your raw meat, fish and poultry in separate bags so the juices can't drip and contaminate other foods
In the summer your car can get hot! Get your shopping home quickly	Use a cool bag to carry chilled food especially in warm weather	Pack raw meat in a different bag from other shopping	'Best before' dates provide an indication of when food will be at its best quality. It won't be unsafe to eat food after its 'best before' date but it may be of lesser quality
Make the frozen cabinet the last stop at the shop	Don't be seduced by special offers as they may go out of date before you use them	It's a good idea to use a cool bag when shopping for chilled foods	Always check the date marks when buying food
If you think your illness has been caused from by a food business report this to your district council	Beware of overloaded or overly warm chilled or freezer cabinets	Get into the habit of checking the 'use-by' date	Make sure your reusable shopping bags are clean to avoid contamination



# CHOOSING





**COOKING**



When cooking poultry, check it is cooked properly by piercing the thickest part of the leg and breast with a clean fork or skewer to ensure the juices run clear	Poultry, pork, burgers, sausages, rolled joints, kebabs and offal should be cooked thoroughly until there is no pink meat left	Check that food is 'piping hot' all the way through	Reheat foods only once and until they are piping hot all the way through, as this will help to prevent food poisoning
Follow recipes and label instructions carefully, especially advice on cooking times and temperatures	When using a microwave, stir foods and let them stand for a few minutes after heating	Minced meat has germs all the way through so cook burgers until there is no pink meat left	Microwaves ovens can cause foods to cook unevenly, therefore stir dishes during cooking and leave to stand for several minutes before serving
When you reheat food, make sure that it's piping hot all the way through	Know which meat must be cooked right through. Always cook poultry, pork, burgers, sausages, rolled joints, kebabs and offal right through. They should never be rare or pink in the middle	It's fine to eat steaks and other whole cuts of beef and lamb rare but make sure they have been properly sealed in a hot pan	Cook foods until they are piping hot and eat your food as soon as it's ready
If you're cooking a number of small pieces of meat such as sausages, move them around and turn them regularly so that they cook evenly	When reheating food, always make sure it is heated until piping hot all the way through and NEVER reheat food more than once	That's how food should be when it's served	Boiled, scrambled or poached, make sure they're well cooked
Always make sure food is piping hot all the way through before eating it	Eggs should be firm, not runny	Beef steaks, lamb chops and joints of beef and lamb can be eaten 'rare' in the middle because harmful bacteria can only be on the outside	Select a temperature that is hot enough to cook the meat but not so hot that the outside will burn before the inside has had a chance to cook



## COOKING



**Raw Below  
Cooked...**

**Zero to  
Five ...**

**Wrap it  
Up...**

**Love your  
Leftovers...**

**Cold  
Fridge...**

**Freezer  
Labels...**

**'D' Frost ...**

**Cool Off...**

**Don't  
Overload...**

**Don't Miss  
that Date...**

**Use by...**

**Best  
Before...**

**Left  
Behind...**

**Be Cool...**

**Refrigerate...**

**Chill out...**

**Check the  
Temperature...**

**'Danger  
Zone'!...**

**Bin it...**

**Thaw  
Law...**



**CHILLING**



Eat leftovers within 2 days	This helps to keep food fresh and stops anything falling into the food by accident	Your fridge should operate at 0 to 5°C	Keep raw meat at the bottom of the fridge so juices won't drip onto ready to eat food
Try to cool leftovers within 1 to 2 hours of cooking and then store them in the fridge for no more than 2 days	Thaw meat thoroughly before cooking. The safest way to defrost food is in the fridge	If you store leftovers in the freezer it's a good idea to label it with the date on which you freeze it	Keep your fridge cold at all times. Try using a fridge thermometer in your fridge to check it's between 0-5 °C
Best Before dates provide an indication of when food will be at its best quality. It won't be unsafe to eat food after its best before date but it may be of lesser quality	Perishable foods carry a 'use by' date on the label. Don't eat food after this date as it may be unsafe to eat	'Use by' dates mean what they say	Overloading your fridge prevents circulation of cool air which means that food is not kept cold enough
If you have made a dish and you're not going to eat it straight away, keep it in the fridge until you're ready to eat it	Most perishable foods need to be kept in the fridge. Check the label	At warm temperatures some food poisoning bugs can multiply every 10 minutes. In 2 hours 1 thousand germs can become 1 million germs and this can cause food poisoning. Keep chilled food cold	After cooking don't leave leftovers out of the fridge for more than 2 hours. Cover and store them in the fridge
Thaw food in the fridge and keep raw meat at the bottom	Throw out foods that have gone past their 'use by' date	If chilled food is stored at room temperature germs can multiply and this may make you ill. Keep chilled food out of the 'danger zone' by storing at 5°C or less	Keep a thermometer in the fridge and check the temperature regularly. It should read 0 - 5°C



## CHILLING





**Wash  
Hands...**



**Clean  
Utensils...**



**Clean  
Containers...**



**Sparkling  
Surfaces...**



**Wash  
Fruit...**



**Wash  
Vegetables...**



**Clean as  
you go...**



**Wash and  
Wipe...**



**Put a lid  
on it...**



**Do the  
Dishes...**



**Rubbish...**



**Zap those  
Germs...**



**Dry  
Hands...**



**Fridge...**



**Wash  
Utensils...**



**When to  
Wash...**



**Kitchen  
Cloths...**



**Hands  
Off...**



**Hot Soapy  
Water...**



**Rising  
Damp...**



**CLEANING**





Always wash kitchen surfaces thoroughly before you start preparing food. Make cleaning easier by wiping up any spills as you go

Always use clean containers to store food

Wash utensils in warm soapy water especially after using with raw meat

Did you know the number of germs on fingertips doubles after using the toilet? Yet up to half of all men and a quarter of women don't wash their hands after they've been to the Loo. Wash those hands

Keep surfaces clean by washing with warm soapy water as you go

Wipe up spills at once

Wash your salad vegetables before using them

Wash fruit under running water before eating it

Clean all surfaces after use

Empty and clean waste bins often. Always wash your hands after handling waste

Wash all crockery and utensils after use with hot water and washing up liquid or use a dishwasher

Cover all waste and rubbish bins

Wash your hands before handling foods and after using the toilet

Clean utensils well in hot soapy water or dishwasher after use and store them in a clean place

Regularly wash your fridge thoroughly with warm soapy water

Don't just splash 'n' dash – wash and dry your hands thoroughly. Wet hands spread germs

1,000 times as many germs spread from damp hands than dry hands. Dry your hands thoroughly with a clean towel

Clean dishes and utensils in hot soapy water or in a dishwasher

Keep a separate towel for drying your hands in the kitchen or use kitchen roll

Did you know that cleaning cloths can contain millions of germs. Put them in a hot wash in the washing machine



## CLEANING







**CROSS  
CONTAMINATION**



Keep raw and cooked foods apart so that germs on raw food don't spread to cooked foods	Wash your hands with hot water and soap after using the toilet and don't forget to dry them thoroughly	Clean surfaces and hands thoroughly after handling raw meat	Never prepare ready-to-eat foods using a chopping board or knife that you have used to prepare raw meat, unless they have been washed thoroughly
Did you know that when you sneeze it can travel up to 12 feet. Cover your nose and mouth and wash your hands	If you wear a ring or watch there could be as many germs under it as there are people in Europe. So keep this in mind next time you are preparing food	Keep pets away from your food preparation areas	40% of adults carry harmful germs in their nose and throats. Your hands can pick these up and spread them around. Keep your hands clean
Wash hands and surfaces often to help prevent the spread of germs around the kitchen	Wash and dry them after each use and especially after chopping raw meat, fish or poultry	Keep raw meat away from ready-to-eat foods to prevent the spread of germs	Don't forget to dry your hands thoroughly, because if they are wet they will spread germs more easily
Don't wash your poultry before cooking as this can spread harmful germs across your kitchen	Place raw meat in a sealed container at the bottom of the fridge to prevent meat juices from spilling onto other food	Try to use separate chopping boards for preparing raw meat and ready-to-eat foods, such as bread. This will help prevent the spread of germs	Raw food can contaminate cooked food and cause illness. Keep raw and cooked food separate and covered
Keep insects, birds and animals out of the kitchen and wash hands after handling pets	Clean hands and surfaces thoroughly after handling raw meat	When storing food in the fridge, keep raw meat at the bottom so it doesn't drip onto other foods	If you have vomiting and diarrhoea try not to prepare food for others



## CROSS CONTAMINATION

