



Choose food safety this summer

This summer, when the temperature rises, remember to keep it cold, keep it clean, keep it hot and check the label so you don't let food poisoning ruin the fun!

Here are a few simple tips to make sure you stay healthy and happy this holiday season:

- Don't wash uncooked raw meat – it can spread harmful bacteria around your kitchen
- If food has been on the table for more than 2 hours, bin it – hot food needs to stay hot and cold food needs to stay cold
- 'Ham bags' are a great way to keep your ham fresh and maintain quality. A clean cotton pillowcase will do the trick too
- Keep your fridge at or below 5°C
- If you're having seafood, ensure you only buy from a reputable retailer and take an esky or cooler bag to ensure it stays cool
- Hot food needs to be kept and served at 60°C or hotter
- Use a thermometer to ensure your food is cooked all the way through
- If having a BBQ, use separate plates and utensils for raw and cooked meat and ready-to-eat foods
- Refrigerate leftovers and then eat or freeze them within 3 days
- Refrigerate food within 2 hours of preparing and reheat it to at least 75°C to prevent bacteria from growing
- Plan ahead for a slow safe thaw in the fridge – never defrost food on a bench. Turkey can take up to three days to defrost safely in the fridge
- Use a separate cutting board and knife for raw meat and ready-to-eat foods
- Make sure you don't overload your fridge as it reduces airflow and increases the temperature, creating breeding grounds for bacteria