

HEADING TO A PICNIC OR BBQ?



Remember the golden rules of food safety

Whether it's a picnic with friends at a special event or a family BBQ in the park, don't invite food poisoning to the party. Follow these food safety tips:

Picnics

- Chill food thoroughly in the fridge before the picnic
- Use an esky or cooler bag to transport food
- Keep food cold with ice, ice blocks and frozen drinks
- Wash and dry hands before preparing or eating food. Consider sanitising gel or wipes if there won't be any water
- Don't eat food that's meant to be in the fridge if left out for more than two hours

BBQ

- Separate raw meat and poultry from cooked and ready-to-eat food
- Use clean plates and utensils for cooked meat and ready-to-eat food
- Make sure there's no pink left in cooked meats such as mince, sausages or chicken
- Don't let raw meat juices drip onto other food
- Don't pour uncooked meat marinade on ready-to-eat food. Cook on the hotplate until sizzling or throw away

For more food safety & you tips, visit;

www.foodauthority.nsw.gov.au/foodsafetyandyou/

Always remember

The infographic consists of four horizontal panels, each with a white icon and text. The first panel is purple with a thermometer icon and the text 'Keep it cold'. The second panel is red with a thermometer icon and the text 'Keep it hot'. The third panel is light green with an icon of a hand being washed and the text 'Keep it clean'. The fourth panel is dark green with a tag icon and the text 'Check the label'.



Department of
Primary Industries
Food Authority



About the NSW Food Authority: The NSW Food Authority is the government organisation that helps ensure NSW food is safe and correctly labelled. It works with consumers, industry and other government organisations to minimise food poisoning by providing information about and regulating the safe production, storage, transport, promotion and preparation of food.

Note: This information is a general summary and cannot cover all situations. Food businesses are required to comply with all of the provisions of the Food Standards Code and the *Food Act 2003* (NSW).



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More resources at foodauthority.nsw.gov.au



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