

HEADING TO A PICNIC OR BBQ?

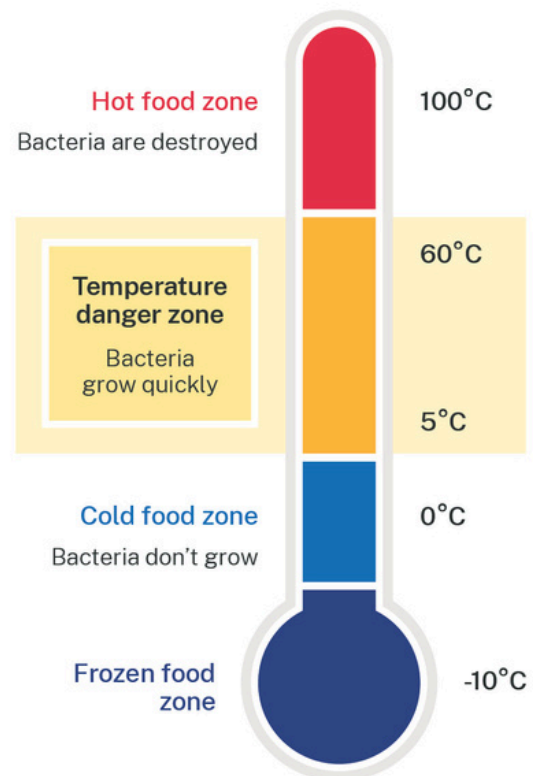
Don't invite food poisoning to the party. Follow these food safety tips:

BBQs

- 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.
- Never pour uncooked meat marinade on ready-to-eat food. Cook on the hotplate until sizzling or throw it away.

Picnics

- Chill food well before the picnic.
- Transport food in an Esky or cooler bag. Keep it cold with ice, ice blocks and frozen drinks.
- Wash and dry hands before preparing or eating food. Consider taking sanitising gel or wipes if there won't be any water.
- Throw away food that has been left out of the fridge for more than 4 hours.



For more food safety tips, visit www.foodauthority.nsw.gov.au/consumer

