



Choose food safety this summer

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 this summer.

- Keep your fridge below 5°C. Overloading your fridge reduces airflow and raises the temperature, which creates a breeding ground for bacteria.
- Buy seafood from reputable retailers and keep it cool.
- Ham bags are a great way to keep your ham fresh. A clean cotton pillowcase will do the trick too.
- Thaw food slowly in the fridge, never on the bench. A turkey can take up to 3 days to thaw in the fridge.
- Don't wash uncooked raw meat – it can spread harmful bacteria around your kitchen.
- Use separate chopping boards, knives, plates and utensils for raw and cooked meat and ready-to-eat food.
- Poultry, minced meats, and sausages should be cooked through to the centre. Juices should run clear with no pink visible.
- 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.
- Refrigerate leftover food within 2 hours of cooking. Eat or freeze within 3 days.
- Reheat leftovers to steaming hot (75°C).