Food Safety – Top Tips

o   Check use-by dates on products

o   Store raw and cooked meats apart – this includes in your shopping bag

o   Don't let raw meat touch anything that is not going to be cooked

o   Use separate chopping boards for raw and cooked meat

o   Wash and scrub fruit and vegetables before eating raw

o   Keep refrigerated and frozen food cold – take it home quickly and put straight in the fridge/freezer. Wrap it in newspaper if it is a hot day to keep it cold

o   Check product labels to see if the food needs to be kept in the fridge once opened

o   Wash your hands before and after preparing food

o   Keep your kitchen clean – use an antibacterial or disinfectant spray

o   Cook meat and eggs all the way through to kill bacteria

o   Do not keep leftovers for long. Any change in colour, sliminess, mould or bad smell is a sign to throw it away

o   Do not defrost and re-freeze raw meat. You must cook it before it can be frozen again. When cooked meat is de-frosted, it must be re-heated and eaten or thrown away. Do not keep it as leftovers or freeze it again

o   Protect food from insects and animals

o   Be careful eating buffet food – do you know how long it has been on display and left out of the fridge?

o   Trust your senses – if it looks or smells bad don't eat it!