

Food Hygiene

Preparing and cooking food should be safe if you follow a few rules:

Wash your hands before touching food and remove jewellery from hands/wrists.

Don't prepare food if you've a stomach upset or cold etc.

Cover food if it's left for any length of time.

When leftovers are cool, put them in the fridge (covered).

Keep your fridge below 5°C.

Heat up food so it's piping hot all the way through.

Don't reheat if you've reheated once already.

Store half used tinned food in airtight containers in the fridge (not in the can).

Frozen foods should be put in the freezer as soon as possible after purchase.

Never refreeze defrosted items.

Allow plenty of time for frozen chickens etc to defrost properly before cooking.

Wash knives and chopping boards before and after cutting meat.

Don't keep cooked and uncooked meat on the same shelf in the fridge.

Store uncooked meat in the bottom of the fridge where it can't drip onto food.

Make sure that all meat is cooked through, and test with a fork.