How To Keep Food Safe

Food poisoning is a common issue in Australia. Every year about five million people get sick with food poisoning. As we get older, we become more prone to food poisoning.

It is important to make sure you store and prepare food carefully. Some foods are more risky than others, so it is vital to take extra care. These include:

* raw or cooked meat, chicken and seafood
* egg and dairy products, and foods with eggs and dairy in them like cheesecake or quiche
* cooked rice and pasta
* fruit and vegetables that have been cut up and served raw, such as fruit salads and coleslaw
* ready to eat foods that contain any of the above, such as meat, egg or salad sandwiches.

Here are some simple steps to help lower your risk of food poisoning:

* Check that your fridge is set to less than 5o Celsius.
* Throw away food if it has been at room temperature (out of the fridge) for four hours or more.
* Cool cooked food quickly by breaking it into small portions. Put it in the fridge once it has stopped steaming.
* Don’t refreeze food once it has thawed.
* Store raw food separately from cooked food. This helps stop bacteria from moving between foods. Put food in sealed containers. Keep raw food (especially meat) at the bottom of the fridge so it can’t spill on other food.
* Check the use by dates on products and throw them away if they have passed.

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