



Basic Food Safety Tips

Clean, separate, chill, cook and check the label

Clean

- Wash and dry your hands thoroughly before preparing or eating food.
- Keep benches, kitchen equipment and tableware clean and dry.
- If you have been unwell with diarrhoea or vomiting, do not prepare food for others for at least two days after those symptoms have stopped.

Separate

- Prevent cross-contamination by keeping raw food (especially meat) separate to cooked or prepared food such as salads.
- Use separate chopping boards, plates and utensils for raw and cooked food.

Chill

- Keep the fridge at 5°C or below.
- Don't eat food that's meant to be in the fridge if it's been left out for 2 hours or more.
- Place leftovers in the fridge as soon as they have stopped steaming.
- Defrost and marinate food in the fridge, not on the bench.

Cook

- Most food should be cooked to an internal temperature of at least 75°C.
- Cook chicken, hamburgers, mince, sausages, and rolled or stuffed roasts until there is no pink left and any juices run clear.
- Reheat leftovers to at least 60°C, until steaming hot or boiling.

Check the label

- Don't eat food that is past its 'use-by' date.
- Note the 'best before' date – food eaten after that date is safe but may have lost quality and some nutritional value.
- Follow storage and cooking instructions.
- Be aware of allergens.
- Ask for information when buying unpackaged food.

For further information and advice call the Public Health Hotline on Freecall 1800 671 738 or email pop.health@dhhs.tas.gov.au

Food safety – Public and Environmental Health

www.dhhs.tas.gov.au/peh/food_safety

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