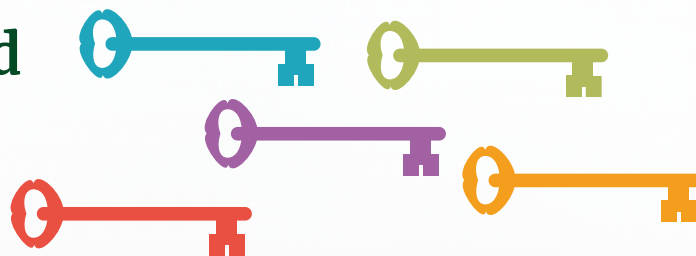


## The 5 Keys to Safe Food



Students sometimes store foods meant for the fridge at room temperature because of lack of fridge space so make more use of long life ingredients.

Students often have an allocated shelf or space so it is even more important to be careful storing raw and cooked foods adequately covered.

Often there are foods that are past the use-by date in the fridge taking up space. Regular fridge clear outs are important.

Keeping work tops, sinks and bins clean and hygienic can be a challenge with lots of people.

### USE SAFE WATER AND RAW MATERIALS

- Use safer water or treat it to make it safe.
- Select fresh, wholesome foods.
- Wash fruits and vegetables especially if eaten raw.
- Choose foods processed for safety such as pasteurized milk.



### COOK THOROUGHLY

- Cook food thoroughly especially meat, poultry, eggs and seafood.
- Bring foods like soups and stews to boiling to make sure that they have reached
- 70°C (158°F)
- Reheat cooked food thoroughly.



### KEEP CLEAN

- Wash your hands before handling food and often during food preparation.
- Wash your hands after going to the toilet.
- Wash and sanitize all surfaces and equipment used for food preparation
- Protect food from insects and other animals



### SEPARATE RAW AND COOKED

- Use separate equipment and utensils such as kind cutting boards to handling meat, poultry, seafood and other raw foods
- Store raw and prepared foods in separate containers.



### KEEP FOOD AT SAFE TEMPERATURES

- Do not leave cooked food at room temperature for more than 2 hours.
- Promptly refrigerate all cooked and perishable food (preferably below 5 °C (41°F).
- Keep cooked food very hot, more than 80 °C (140°F)
- Do not thaw frozen food at room temperature.

