



City of **HOBART**

## Safe Food Handling Tips

The warmer weather, larger gatherings, full fridges and different foods being cooked, means it is an important time of year to remember some key food safety tips:

- Ensure there is enough room in the fridge to keep food at below 5°C, consider moving drinks that do not need to be stored in the fridge to an esky with ice.
- Thaw frozen food in the fridge, and thaw completely before cooking.
- Wash your hands with soap and warm water, and dry thoroughly before preparing foods and between different foods.
- Use separate cutting boards and utensils for raw meats and foods that are ready to eat, e.g. salad.
- Ensure minced meat, sausages, and poultry are cooked completely, no pink should be visible and juices should run clear.
- Prepare foods as close as possible to eating time and to avoid throwing out leftovers, use the '4-hour/2-hour rule';
  - If food has been left out of the fridge for a total of less than 2 hours, it can be returned to the fridge.
  - Food that has been out of the fridge for a total of 4 hours or more, must be thrown out.
- If reheating leftovers, ensure they are heated all the way through so that they are steaming hot (at least 75°C).

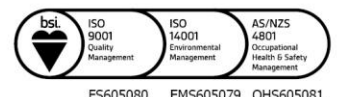
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