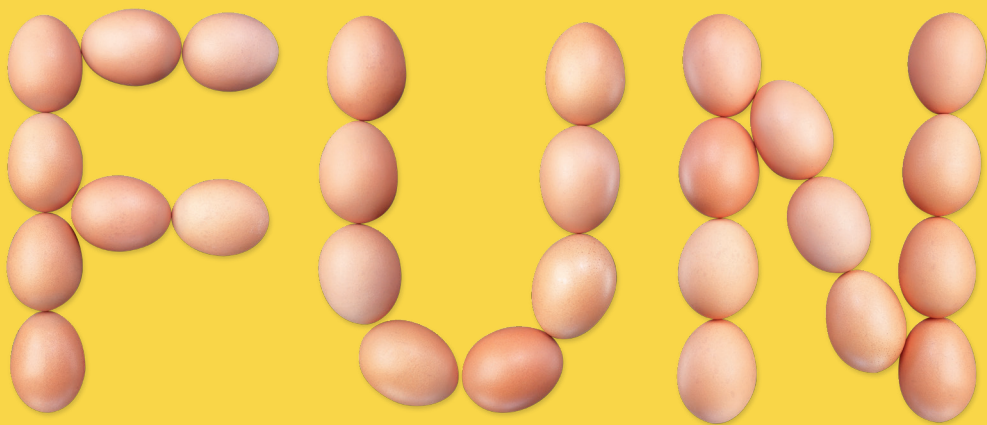




Department of
Health

food is



But getting sick from it isn't.

So, we're here to show you that handling food is a piece of cake. Play it food safe, by following our four easy steps every time.

CLEAN • SEPARATE • COOK • CHILL



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Keep it clean or feel green

Bacteria on raw meat, chicken, eggs and fruit 'n' veg can spread from your kitchen to your food, making you sick. Simply clean your hands, utensils and benchtops with hot, soapy water before, during and after cooking to prevent food poisoning.



CLEAN

Be smart. Keep foods apart

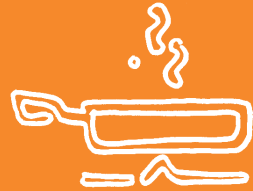
The majority of food poisoning happens at home. Separate raw meat, chicken and eggs from ready-to-eat food. Use separate utensils and chopping boards to prevent cross-contamination.



SEPARATE

Nuke it don't puke it

Cook meat, chicken, eggs and seafood thoroughly to kill bacteria that can make you sick. When cooking meat, ensure the juices run clear and there's no pink inside. Only reheat food once, and until it's steaming hot.



COOK

Chill it or chuck it

Bacteria that cause food poisoning grow best between 5°C and 60°C, known as the temperature danger zone. So, keep cold foods cold (below 5°C) and hot foods hot (above 60°C). Anything left in the danger zone for more than four hours should be thrown away.



CHILL

PLAY it FOOD SAFE.

CLEAN • SEPARATE • COOK • CHILL



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