Shopping

Don’t buy:

• Dented cans, leaking containers or bottles, torn or ripped packaging, broken seals
• Swollen chilled food packages and cans
• Cracked eggs
• Dairy/other chilled foods left out of refrigeration
• Any products with moulds, discoloration or infestation
• Products in loose vacuum packs
Food Storage

• “High risk” foods in the fridge
• Some foods okay at room temperature
• Freeze meat to prolong life: smaller portions, airtight packaging
Frozen meats - hints

- Remove store packaging
- Separate into usable quantities – meat cannot be refrozen raw
- Put in freezer bags
- Expel the air
- Label the meat – product and date.
School Lunches

- No access to fridges or microwaves
- Frozen drink bottle or popper – can keep lunch box contents cool, cooler bags
- Can freeze dairy products – will thaw during the day until lunchtime
- Cooked products (eg. hard-boiled eggs, meatloaf) need to have been refrigerated overnight first.
- If the lunchbox can’t be kept cold, meats, dairy and other refrigerated foods shouldn’t be packed
Preparing a meal

- Wash hands first
- Use clean utensils and equipment
- Keep raw meat separate from cooked or ready-to-eat foods (eg. Fruit salad, cooked rice)
- Cover any un-used vegetable portions and refrigerate
- Use clean cutting board and knife to cut fruit salad
- Serve cooked food with different utensils than those that transported raw meat
- Use clean plates and cutlery
- Keep fruit salad covered while eating main meal
- Hot, soapy water to wash up, air dry or clean tea towel
- Wipe benches with soapy cloth
Leftovers

- Rice is high-risk food once cooked
- Cover
- Cool in fridge
- Reheat until steaming hot
Picnics and barbeques

• Transport food in an esky with ice
• Pack meat on bottom of esky, salads on top
• Cover all the food in esky
• Keep food on ice until serving
• Cook meat products thoroughly