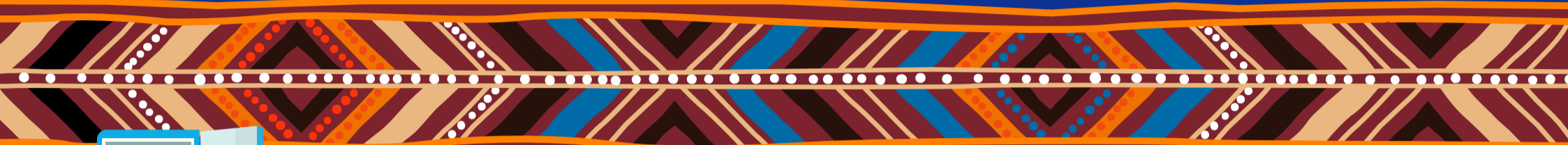


# Tips for keeping food safe in **extremely hot weather**





Put food back in the fridge after using it.



Put leftovers in the fridge quickly once it has cooled.



Cooked: 1.7.21  
Eat by: 4.7.21

Eat leftovers within 2-3 days.

Don't eat food left out of the fridge for 2+ hours.



Eat food as soon as it's cooked.



Keep fridge temperature below 5°C.





Don't fill the fridge too much.




Thaw and marinate meat in the fridge, not on the bench.




Shop with a cooler bag and picnic with an esky.

## Food safety when the electricity goes down:


### **FOOD IN THE FRIDGE** *Throw out food in the fridge if:*



It has an unusual smell, colour or texture.



Fridge has been off for 4+ hours.



Inside of fridge is warm or you don't know if it is safe.

### **FOOD IN THE FREEZER**

Frozen food that has started to thaw should be eaten quickly or thrown out. Don't re-freeze.





Limit the number of times you open the fridge or freezer.

**If in doubt THROW IT OUT!**

For further information visit [www.health.qld.gov.au/foodsafety](http://www.health.qld.gov.au/foodsafety)

**Contact your nearest Public Health Unit**

13 QGOV (13 74 68)



**Queensland Government**