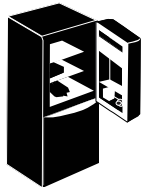


# Tips for keeping food safe in extremely hot weather



Put food back in the fridge after using it



Put leftovers in the fridge quickly once it has cooled

Eat leftovers within 2-3 days

Cooked: 01/07/2013  
Eat by: 04/07/2013

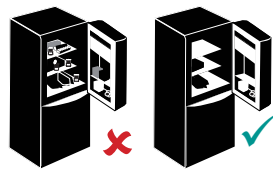
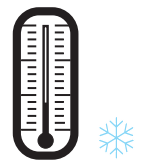
Don't eat food left out of the fridge for 2+ hours



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, picnic with an esky



## Food safety when the electricity goes down:

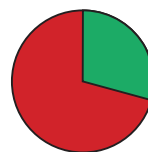
### Food in the fridge

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

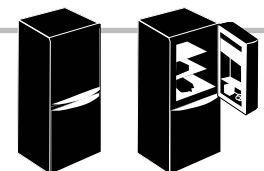


### Food in the freezer

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)