

# 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, discolouration 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