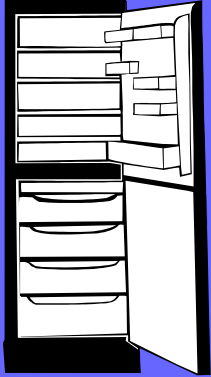


Keep Cold Food Cold and Hot Food Hot



- Refrigerate or freeze high risk foods
- Raw meat stored at bottom of fridge
- Cook food thoroughly
- Keep hot food in hot oven, above 60°C, for short periods
- Cool food in fridge
- Re-heat food quickly, until steaming hot
- Thaw meat in fridge or microwave

Keep Kitchen Clean and Free of Pests



Pests



- Wash equipment and utensils
- Wipe benches
- Cleaning discourages pests from coming in
- Cover food
- reseal open packages/store in airtight containers

Keep Hands and Nails Clean

- Wash hands thoroughly with warm water and soap
- Use a nail brush to clean nails
- Dry using a clean hand towel
- Cover any cuts

(Source: Food Safety Matters)

Activities

Kitchen Safety

- Identify dangerous appliances and equipment:
- Electricity, ovens and stoves (heat), sharp knives, heavy objects
- Resources to assist: Hot! Don't touch, and no knives near toaster sticker

Shopping

- Temperature and time
- Cold foods: need to be kept cold for as long as possible
- Hot foods: keep as warm as possible
- Separate these
- Buy them last