

10 KEY MESSAGES FOR FOOD SAFETY



- 1. Make sure chilled food is kept in the fridge until you need it.**
- 2. Make sure the temperature of your fridge is between 0 and 5° Celsius – use a fridge thermometer to help you check.**
- 3. Once fresh food has been opened, don't keep it longer than 3 days.**
- 4. Make sure food is cooked properly, especially meat, poultry and eggs.**
- 5. Make sure reheated food is piping hot, and never reheat it a second time.**
- 6. Make sure food is 'in-date' – look at the 'use by' date to help you check.**
- 7. Don't use food if the packaging is damaged**
- 8. Make sure surfaces and utensils are clean.**
- 9. Always wash your hands before touching food.**
- 10. Keep food covered until you need it.**