

KEEPING FOOD SAFE

Most parents know the Summer get-together routine - friends visit and everyone brings a plate to share. There is usually a bench full of delicious food and it is difficult to decide what stays at room temperature and what goes into the fridge. These kinds of situations increase the risk of food poisoning so here are some tips to keeping food safe this Summer.

The key to achieving safe food is to prevent the bugs from getting into the food in the first place and to reduce the growth of the bugs that do get in by maintaining safe temperatures.

KEEPING BUGS OUT

- Always wash your hands before preparing foods and between preparing raw and cooked foods
- Avoid preparing foods if you are sick and wash hands after blowing your nose, using the bathroom, or using your hand to cover a cough or sneeze
- Cover cuts and sores on your hands with sticking plasters
- Wash raw fruit and vegetables well before use
- Store raw meat in the fridge below foods that won't be cooked to avoid contamination from juices that may drip down
- Wash well or use new knives and chopping boards when changing from preparing raw meats and cooked meats
- Cover food until it is eaten to avoid contamination

MAINTAINING SAFE TEMPERATURES

- Thaw food completely before cooking
- Cook rolled roasts, minced meat, sausages and chicken until juices run clear
- Check your fridge is 4 degrees or below and your freezer is -18 degrees or below
- Reheat foods until piping hot all the way through
- When cooked foods need to be stored, cool quickly and store in the fridge as soon as possible

IMPORTANT: Items such as pasta, rice and potato salads, cooked meats and seafood and foods containing dairy or egg should have priority in the fridge – and, return any left overs to the fridge as soon as possible after serving. Keep the drinks in the bath with some ice!!

Using these methods will help ensure that we take home nothing but happy memories from our Summer social occasions – make sure you beat the bugs this summer! Watch out for promotions on Foodsafe Week between 12th-19th November – if you would like food safety resources then visit our website on www.cph.co.nz

Healthy Nibbles

Nutrition and Physical Activity Information for Children
Date: September 2007
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Authorised by: Nutrition and Physical Activity Team
For more information visit: www.cph.co.nz

Canterbury

District Health Board
Te Poari Hauora o Waitaha