

# Safe Food This Summer

Summer is a great time for barbeques, picnics and get-togethers. With the warmer temperatures and away from home eating, summer is a great time to be reminded of safe food practices. Here are some tips to help keep your food safe this summer.

## 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
- Refrigerate cooked foods as quickly as possible
- While picnicking, keep food cool by using a frozen chilly pad

## 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 12<sup>th</sup>-19<sup>th</sup> November – if you would like food safety resources then visit our website on [www.cph.co.nz](http://www.cph.co.nz)

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## Healthy Nibbles for Tots

Nutrition and Physical Activity Information for Under 5s  
For more information visit: [www.cph.co.nz](http://www.cph.co.nz)  
Date: October 2007  
Code/Reference: NUT0022ag  
Authorised by: Nutrition and Physical Activity Team

**Canterbury**  
District Health Board  
Te Poari Hauora o Waitaha