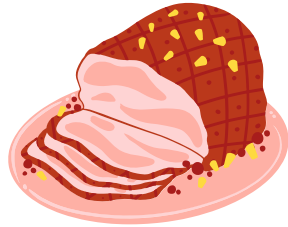


FOOD SAFETY during Christmas

We enjoy a lot of high risk food over Christmas, how can you keep your family and friends safe from food poisoning?



Put leftovers away quickly and eat within a couple of days



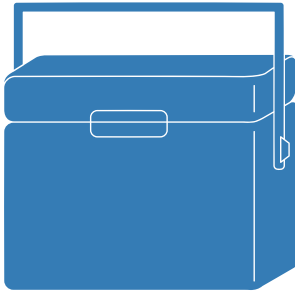
Store your Christmas ham in a ham bag/covered in the coolest part of the fridge,. It can keep for up to 10 days



Cover your food from flies/pests especially when outside



Eat seafood leftovers within 1-2 days



Use ice or frozen ice bricks if transporting food to events/functions to keep food cold



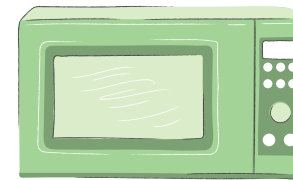
Keep your fridge safe – store raw meat on the bottom shelf and make sure your fridge stays cold under 5 degrees Celsius



Be aware of cross contamination– don't cook meat on the BBQ and then use the same plate that was used for raw meat to put the cooked meat on



Clean equipment – clean your bbq and make sure insulated bags have been washed



Thaw food thoroughly before cooking. Thaw either- in the fridge or use a microwave



Make use of leftovers!