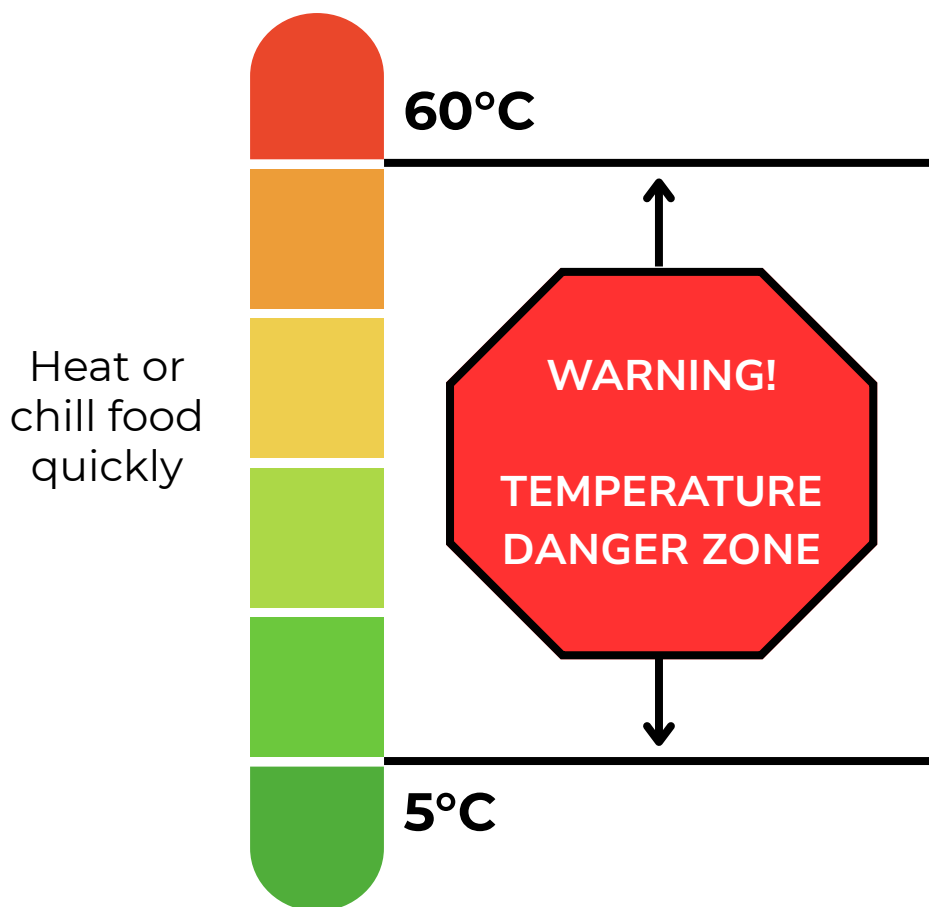


# Keep HOT food HOT and COLD food COLD

## The Temperature Danger Zone for Food



Best practice for vulnerable groups:  
heat food above 75°C

# Use the Correct Chopping Board



White:  
Bakery and dairy



Yellow:  
Raw poultry



Brown:  
Cooked meat



Red:  
Raw meats



Blue:  
Raw seafood



Green:  
Fruit and vegetables

# How to Wash Your Hands

Wet hands and  
apply soap



Wash wrists

Wash palms



Wash between  
fingers

# When to Wash Your Hands



Before touching food



After handling rubbish



After cleaning



After the toilet



After blowing  
your nose



After touching hair,  
face or body



# Remember to CLEAN and SANITISE

## Step 1: CLEAN



## Step 2: SANITISE

# Defrost Food in the Fridge

Best option:  
Defrost frozen food in  
the fridge



If urgent:  
Defrost food in the  
microwave

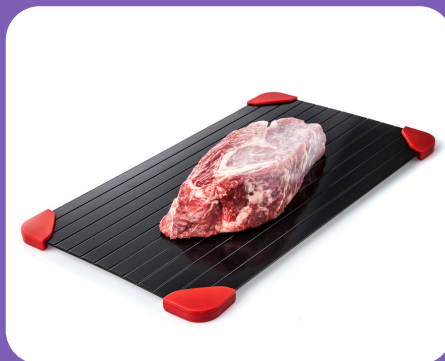


## Don't Defrost...

In a sink



On a bench



Outside

