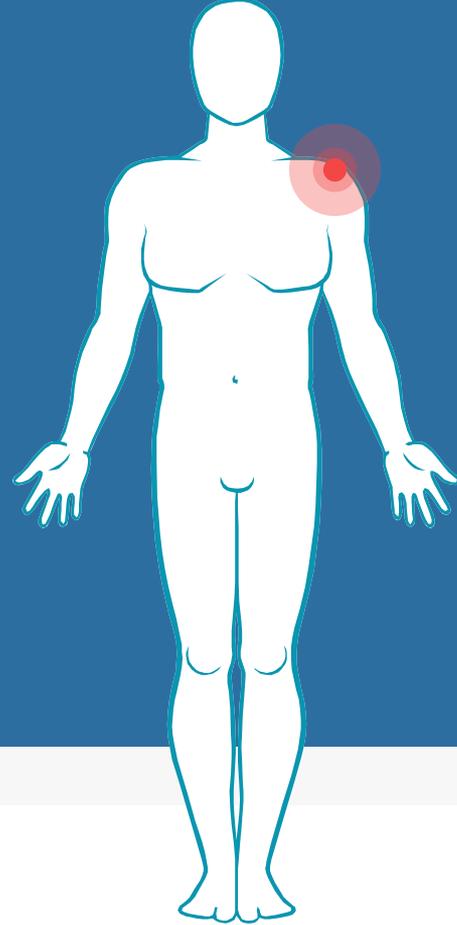


On-Call

Digital Resources

How to Cook and Handle Food Safely



Introduction to Food Safety



- ▶ 4 C's of Food Safety. These are:
 1. Chilling
 2. Cook
 3. Clean
 4. Cross-contamination

Chilling and Freezing

- ▶ Place leftovers on a clean plate, cover and refrigerate within two hours.
- ▶ Use clean dishes and utensils for cooked food to prevent cross-contamination.
- ▶ Ensure all food is cooled before refrigerating.
- ▶ Dividing food into smaller portions and putting it in a shallow dish can help to make it cool more quickly.



Chilling and Freezing

- ▶ Before freezing, ensure that all food is cooled for 2-hours and then frozen.
- ▶ Keep the freezer door closed and only open when required.
- ▶ Do not freeze any foods after their "use-by-date", because they might not be safe to eat.



Cooking

- Raw meat contains harmful bacteria, so it is important that meat is handled carefully and thoroughly cooked.
- When cooking smaller meat products – such as chicken nuggets, sausages and burgers – turn regularly throughout cooking to ensure all parts are thoroughly cooked.
- Ensure you wash your hands, utensils and all surfaces thoroughly before AND after handling raw meat.



Cleaning

- Always use warm, soapy water to clean dishes, utensils and surfaces.
- Clean your worktop, chopping boards and all surfaces BEFORE and AFTER preparing food.
- Place chopping boards in the dishwasher or wash in very hot water after preparing meat – the higher temperature helps to kill off all bacteria.
- To wash dish cloths and tea towels, use a washing machine or boil cloths in hot water for 15 minutes to destroy bacteria.



Cross-Contamination

- Be careful when discarding packaging for raw meat – E Coli and other harmful bacteria can survive on the surface of food packaging.
- When shopping, have a separate shopping bag for all raw meat and poultry to ensure there is no contamination from food packaging to other foods



Tips for Washing your Hands

- Wash hands thoroughly after handling raw meat and poultry...
- Thoroughly means to use warm, soapy water, rub hands together to create a lather, wash under fingernails, between fingers, back and palms of hands and up to the wrists to ensure that there is no bacteria on your hands.





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