



SIMPLE TIPS

to avoid becoming
one of the

4.1 Million

cases of

FOOD POISONING

each year



CLEAN

Wash hands with soap and running water before handling food, wash the dishes regularly and keep the kitchen clean.



CHILL

Keep the fridge at 5°C or below, refrigerate any leftovers as soon as they've stopped steaming and use or freeze them within 3 days.



COOK

Cook poultry or minced products to 75°C in the centre, be aware of the risk of raw or minimally cooked egg dishes.



SEPERATE

Prevent cross contamination especially between raw meat or poultry and other foods that won't be cooked like salads.



DON'T COOK FOR OTHERS IF YOU HAVE GASTRO

You could make them sick too - so ask someone else to cook or get a takeaway.

