

Together We Cook

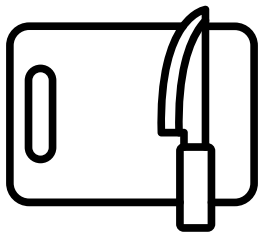
Food Safety



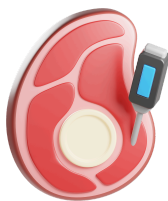
- **Wash** hands with soap and hot water
- Do this for 20 seconds
- Repeat if you touch raw **meat**



- **Always** wash raw **fruit** and **vegetables**
- **Never** wash raw **meat** or **fish**



- Use different **knives** and **boards** for meat, fruit and vegetables
- **Wash** the board and knives in hot soapy water



- Check the **temperature** of cooked food with a thermometer
- It should be very hot in the middle



- Fully **defrost frozen food** before cooking eg leftovers
- Put in **fridge** overnight



- Wash up in **hot soapy water** or a dishwasher
- Dry with a **clean tea towel**



- Eat food by the **Use By** date on the packet
- **Freeze, cook** or **throw away** food by this date