



# HANDYHINTS

## **FOOD HYGIENE**

- Wash hands thoroughly before preparing food, after handling raw meat, after going to the toilet or handling pets
- Prepare and store all cooked food separately from uncooked food. Keep raw meat and fish at the bottom of the fridge
- Keep your kitchen clean. Wash worktops, chopping boards and utensils between handling food which is to be cooked and food which is not
- Cook food thoroughly, following the instructions on the pack. If you re-heat food, make sure it is piping hot. Never reheat food more than once
- Keep hot foods hot and cold foods cold; don't leave them standing around. Take chilled and frozen foods home quickly then put them in your fridge or freezer at once