



How to Reduce Your Risk - Basic Tips on Food Safety

QA 15/04_C

How to reduce your risk - basic tips on food safety

The Food Safety Information Council has released a report card, in conjunction with World Health Day, assessing Australian Consumers' knowledge of food safety. While it is good news, with the reduction of food poisoning cases from 2000 to 2010, there is still an alarmingly high number.

Australian consumers get an A plus for their knowledge on how to wash their hands correctly and thoroughly washing a chopping board after use for raw meat before using it to prepare raw food like salad. However, there is still a lot of disparity when it comes to storage and cooking requirements – so here are a few basic tips we can all follow – it's simple – but people still don't follow these basic rules – leading to contamination and food poisoning:

CLEAN:

- Wash hands with running water and soap
- Dry hands thoroughly before starting to cook and after handling raw meat.

CHILL:

- Transport your chilled or frozen food home from shops in a cooler bag or esky
- Have a simple fridge thermometer in your fridge to make sure it is running at or below 5 degrees
- Refrigerate leftovers straight away – don't leave them out to cool down
- Defrost frozen foods in the fridge or microwave – not the kitchen bench

COOK:

- Cook chicken, minced or boned meats, hamburger, stuffed meats and sausages right through
- Serve hot food – hot – it should be over 60 degrees
- Always follow cooking instructions on packaged foods

SEPARATE:

- Food should be stored in covered containers in the fridge
- Raw meats and poultry should be stored in the bottom of the fridge so they don't contaminate food on lower shelves
- Don't put cooked food back on the plate the raw meat was on

These basic food safety tips cannot only be implemented in the workplace, but in the home as well – keeping us all safe from the risk of food poisoning.

Does your business need assistance training your staff in basic hygiene practices or other food safety initiatives? If you do, please contact Simmone Porter or Karen Doran on 3915 4222 or

qa@brismark.com.au.

Source: Fresh Produce Safety Centre, 8 April 2015, by Food Safety Information Council