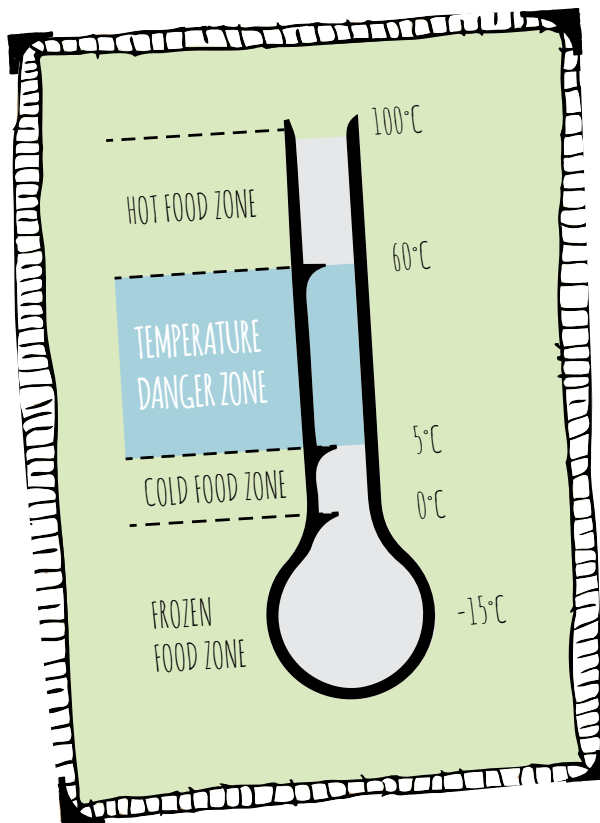


No more dodgy food

If food isn't handled, cooked or stored properly, it can make you sick. This can mean vomiting, diarrhoea and/or stomach pain. For some people who have a chronic illness, food poisoning can be very dangerous.

Food poisoning happens when bacteria (germs) grow and reproduce in food. This happens most often when the temperature of food is neither very hot nor very cold (between 5 degrees celcius and 60 degrees celcius [$^{\circ}\text{C}$]).

Food poisoning can be prevented by handling, cooking and storing food in ways that avoid this temperature 'danger zone'.



Food safety when shopping

Don't buy:

- » dented, swollen or leaking cans or containers, or those with damaged packaging
- » cracked or dirty eggs
- » chilled or frozen foods left out of the freezer, or that are starting to thaw
- » foods with mould
- » ready to eat foods left uncovered on counters
- » takeaway hot foods that are not steaming hot
- » refrigerated foods that don't feel cold.

Check the date on packages

- » 'Use by' dates – means it's not safe to eat the food after the 'use by' date.
- » 'Best before' dates – means it's best to eat this food before the date on the product. The food might still be safe, but may have lost some of its quality and nutritional value.

Getting food home

- » On the way home from shopping, put all the cold foods together to help them stay cold.
- » Take your shopping home as soon as you can. Put cold things in the fridge immediately.
- » For trips longer than 30 minutes, or on very hot days, put chilled or frozen foods in an insulated bag to keep cold.

High risk foods

Take extra care when storing these foods when they are raw, and after they have been cooked:

- » meat, chicken and turkey
- » processed/deli meats like turkey and ham
- » eggs
- » seafood
- » cooked pasta and cooked rice
- » pre-made foods like coleslaw and pasta salads
- » milk and yoghurt.

Food safety when cooking

Cooking food properly is a way to keep it safe.

- » Wash and dry hands before cooking and eating (see the poster on hand washing).
- » Wipe down the bench before beginning to cook.
- » Wash vegetables and fruit before cooking, preparing and/or eating.
- » Chop vegetables before meat. If you use the same knife and chopping block for vegetables and meat, wash them before you cut the meat.

yhunger

- » Cook mince, sausages and chicken right through to the centre. You should not be able to see any light pink meat and juices should be clear.
- » When cooking in the micro-wave, make sure food is cooked all the way through. Cut food into even sized pieces, and cover with microwave-safe cover.
- » Keep hot foods steaming hot, and cold foods cold.
- » Wash cooking equipment and dishes with hot water and detergent, and use clean sponges, dishcloths and tea towels.

Storing and using leftovers

- » Put cooked leftovers in containers and store in the fridge within 2 hours of cooking.
- » Reheat food thoroughly until hot and steaming. Bring soups, casseroles and sauces to the boil (bubbling).
- » If you don't eat food straight after it's been cooked, eat it within 2 hours.
- » If food has been cooked but not eaten for 4 hours – THROW IT OUT!
- » Don't refreeze food that has been already been thawed.

Don't

- » Thaw frozen food on the bench instead of the fridge.
- » Leave leftovers on the bench instead of the fridge.
- » Leave food that needs to be in the fridge too long on the bench.
- » Use the same plate for cooked and uncooked meats.

Eating out?

The NSW Food Authority's *Scores on Doors* program helps you know how well restaurants, cafés or take away shops comply with NSW hygiene and safety requirements. See the Retail section at www.foodauthority.nsw.gov.au

For more information about safe food:

- » Food at home section at www.foodauthority.nsw.gov.au
- » Food safety and storage at the Better Health Channel www.betterhealth.vic.gov.au

This fact sheet has been developed by Youthblock Youth Health Service, Sydney Local Health District for the Yhunger program.

STICK THIS ON THE FRIDGE

How long can food be stored for?

Category	Food	Refrigerator (3°C or below)	Freezer (-18°C or below)
Salads 	Egg, chicken, ham, tuna and pasta salads	3 to 4 days	No – salads don't freeze well.
Luncheon meat 	opened package or deli sliced	3 to 5 days	1 to 2 months
	unopened package	2 weeks	1 to 2 months
BACON 	Bacon	1 week	1 month
Sausage 	Sausage, raw (any type of meat)	1 to 2 days	1 to 2 months
Hamburger & Other Minced Meats 	Hamburger, minced beef, turkey, veal, lamb, pork or a mixture	1 to 2 days	3 to 4 months

Category	Food	Refrigerator (3°C or below)	Freezer (-18°C or below)
FRESH BEEF, VEAL, LAMB PORK	Steaks	3 to 5 days	4 to 12 months
	Roasts	3 to 5 days	4 to 12 months
FRESH POULTRY	Chicken or turkey, pieces	1 to 2 days	9 months
	Chicken or turkey, whole	1 to 2 days	1 year
SOUPS	Vegetable or meat added	3 to 4 days	2 to 3 months
LEFTOVERS	Cooked meat or poultry	3 to 4 days	2 to 6 months
	Pizza	3 to 4 days	1 to 2 months

Table from <https://www.foodsafety.gov/food-safety-charts/cold-food-storage-charts>

Very handy to have this on the fridge

