

Tips on basic food hygiene in the Kitchen

- Before starting to cook wash your hands thoroughly
- Make sure kitchen surfaces and utensils are clean
- Ensure ingredients that need to be kept cold have been properly refrigerated
- Make sure that your fridge is kept cold enough and clean
- Cooked food should be kept at the top of the fridge
- Defrost properly and never defrost and then re-freeze
- Don't use foods that are past their sell by dates
- Don't buy damaged tins or packets
- When handling raw meats/poultry and fish be careful; don't place them on wooden chopping boards or surfaces that can foster bacterial growth (use a plate or plastic surface instead) and wash your hands afterwards
- Always use a separate chopping surface for raw meat, poultry or fish and do not chop fruit or vegetables on this
- Make sure raw and cooked products don't come into contact with each other
- Food poisoning is most often caused by meats (e.g. pork), poultry (e.g. chicken), seafood or eggs – these foods need to be fresh and cooked thoroughly
- If you are reheating food check that it is cooked through properly and generally avoid reheating chicken