



Food Safety Checklist



Always put away chilled and frozen food in your fridge/freezer as soon as you can

Improper storage of food can often lead to food poisoning.



Clean chopping boards between each usage

Contaminated chopping boards are one of the most common causes of cross contamination.



Wash your hands thoroughly

This should be done before preparing food, after going to the bathroom, after you have handled raw food and after blowing your nose, sneezing and coughing.



Keep your kitchen and work tops clean

Wash utensils and worktops between usages, especially between working with cooked and raw foods.



Make sure your food is fully cooked through

When cooking food, remember that it takes a long time for the temperature in the middle of the food to reach the same temperature as the surface.

All hot food should be hotter than 63°C.



Check 'use by dates' before using food

Never use food after its use by date.



Raw and Cooked food should always be kept separate

This includes storage and preparation. This stops bacteria on raw meat, fish and vegetables from contaminating cooked food.



Keep fridge temperatures between 1°C and 5°C

Monitor fridge temperatures regularly.



Be careful when storing and using high risk foods

Foods such as cheese, milk, butter and sushi are often served raw. They may contain harmful bacteria if stored or prepared incorrectly.



Beware of poor personal hygiene

Keep overalls and aprons clean. Don't wear outdoor clothes in the kitchen. Never chew gum while working with food. Don't taste food with your fingers and never use a spoon to taste food that has already been in your mouth.