



# 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.