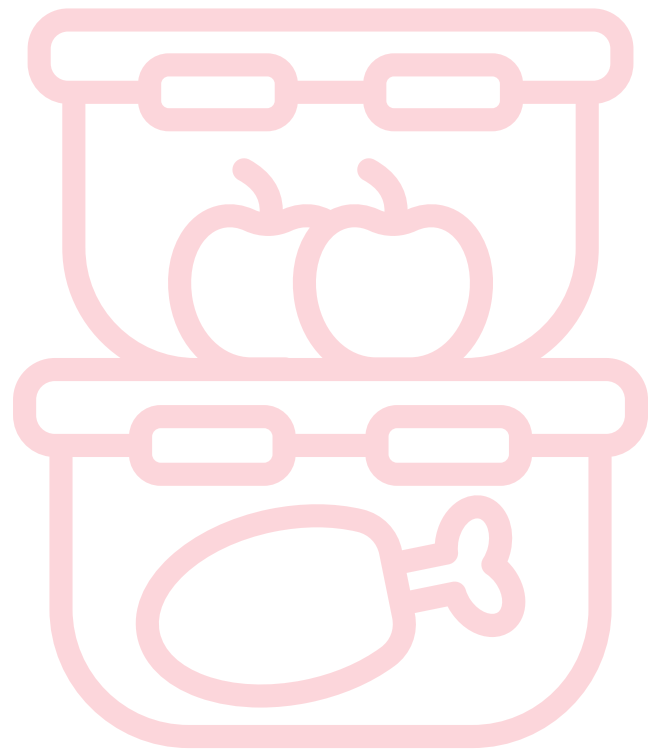


Food Safety

Simple steps to keep food safe

Food is more than what is on the plate. It is about health, connection, culture and community.

Keeping food safe helps protect you and your household while making the most of what you have.



Cooking and reheating

- Reheat food until steaming hot all the way through
- Only reheat food once
- Stir food to heat evenly

Fridge storage

- Keep fridge between 3–5°C
- Eat leftovers within 2–3 days
- Store food in sealed containers

Freezing

- Freeze food as soon as possible
- Label with name and date
- Use within recommended timeframes where possible

Defrosting

- Defrost in the fridge or at room temperature in a container
- Cook or eat promptly after defrosting

Clean and separate

- Wash hands before preparing food
- Keep raw and cooked foods separate
- Clean surfaces, utensils and chopping boards regularly

Trying to make food go further is important, safety comes first.

If something doesn't seem right, it is always better not to risk it.

When in doubt

If food smells, looks or tastes off, don't risk it.

TOP TIPS

- Do not refreeze food that has been defrosted unless it has been fully reheated
- Once food has been reheated, it should not be frozen again
- When in doubt, it's safer to throw it out