

# From fridge to fork – a guide to safety and hygiene



## Storage

- Always check the storage instructions and date mark.
- Store meat in the refrigerator (0-4°C) or freezer (around -18°C).
- Keep raw meat wrapped and store on a separate shelf to cooked items.
- Store cooked items on shelves above raw food.



## Personal Hygiene

- Tie back long hair.
- Wear an apron.
- Roll up long sleeves.
- Remove jewellery.
- Wash hands with warm soapy water (and do not forget to dry them).



## Prepare

- Ensure that hands, equipment and work surfaces are clean before, in-between and after handling raw and cooked foods.
- Use a separate chopping board and knife for preparing raw meat.
- Defrost frozen meat thoroughly (unless otherwise stated).
- Do not re-freeze meat once thawed.
- Cover marinated meat and store in the refrigerator.



## Cook

- Keep an eye on food when cooking.
- Mince, burgers and sausages should be thoroughly cooked (until the juices run clear) and piping hot before serving.
- Food thermometers can be used to check the internal food temperature of large cuts of meat.



## Enjoy

- Complement your meat dish with plenty of starchy foods and vegetables.
- Do not forget to have a drink.



## Leftovers

- Cover and store in the refrigerator for up to two days.
- Freeze main meals for another day.
- Remember to reheat until piping hot throughout.
- Use leftover slices of cold cooked meat to make other meals such as stir fries, sandwiches, omelettes and salads.