

Food Safety Week: Be Prepared

The first step to healthy food is SAFE food!

Here are tips on how to prevent food born illnesses

Tip 1: Buy a food thermometer

- Only \$10-15 and it may prevent food-borne illness!
- Choose a digital thermometer as they are more accurate
- Always clean the thermometer between uses!
- Be sure to place prongs into the thickest part of food for an accurate reading

Tip 2: Keep cold foods cold & hot foods hot

- Keep cold foods BELOW 5 ° C
- Keep frozen foods BELOW -18 ° C
- Keep hot foods ABOVE 60 ° C

Always check temperatures with a food thermometer

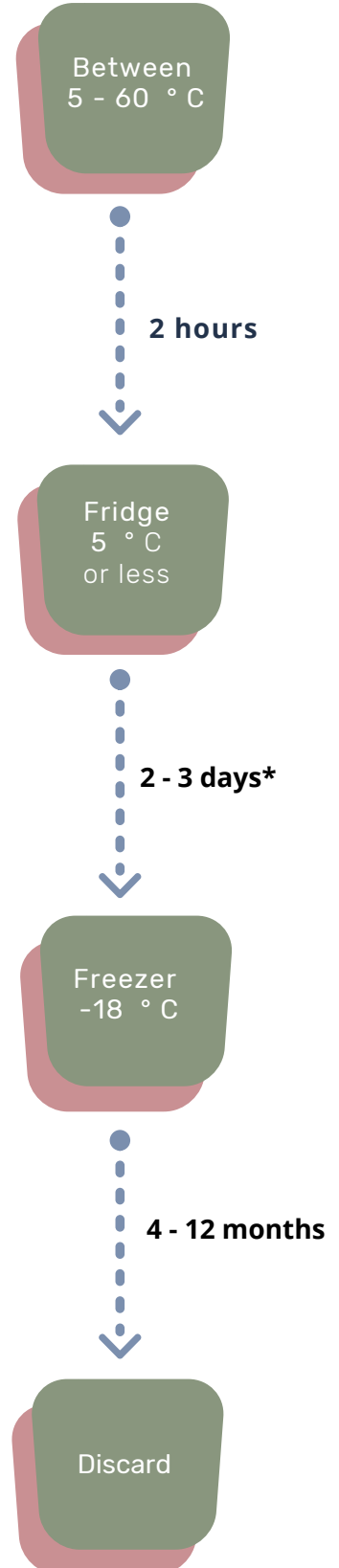
Tip 3: Check expiration dates

- Always throw away food that has past its 'Expiry' or 'Use By' date!
- Remember: 'Best Before' dates are different. Food can still be consumed beyond this date



For full details visit:
www.amityhealth.com.au/blog

Timeline of food storage location



*This is for opened foods & leftovers