



**Foodborne illness** is caused by bacteria like campylobacter and salmonella. The bacteria multiply very fast in moist, warm conditions. Luckily these illnesses are avoidable. Handling food properly prevents bacteria spreading. Cooking food thoroughly kills them.

By following my simple food handling tips, you could be helping to keep your family and friends safe from foodborne illness.



*clean • cook • cover • chill*

For more information on food safety issues

[www.foodsafe.org.nz](http://www.foodsafe.org.nz)

[www.nzfsa.govt.nz](http://www.nzfsa.govt.nz)

Contact us at

**0800 693 721**

email

**[info@foodsafe.org.nz](mailto:info@foodsafe.org.nz)**

**KEEP  
FOOD  
SAFE**



*Avoid foodborne illness by following these guidelines*

# Did you know...

there are an estimated 119,000 cases of foodborne illness in New Zealand every year?

About 40 percent of those are believed to be caused by unsafe food handling practices in the home.

That means you could be making your friends and family sick. I know that's not something you want to do. But it's easy to prevent by simply following my "four Cs"

**Clean**  
**Cook**  
**Cover**  
**Chill**



## Clean

Clean hands are hands that are washed with soap and dried with a clean towel. It's important to always wash your hands before handling food, but just as important to wash them after:

- handling raw meat and poultry
- going to the toilet
- changing nappies
- handling pets
- gardening.

Wash knives and utensils and scrub chopping boards between preparation of raw and cooked foods.

Keep your fridge clean.

## 4 simple rules to



## help keep you safe



## Cook

Defrost frozen foods thoroughly before cooking.

Never leave hot food to cool for more than two hours before putting it in the fridge.

Cook minced meat and sausages thoroughly (meat should not be pink), and cook poultry until juices run clear.

Pre-cook minced meat, sausages and poultry before barbecuing.



## under Cover

Keep all foods covered in the fridge, in the cupboard and outdoors.

Keep raw meat and poultry covered and away from ready to eat food, fruit and vegetables.

When cooking outdoors, ensure that all food remains covered until ready to cook or eat.



## Chill

Ensure your fridge is operating at a temperature of between 0 and 4°C.

Keep raw meats and poultry in the bottom of the fridge to ensure their juices don't drip on to other food.

Keep all perishable foods in the fridge until you are ready to use them.

While picnicking, keep food cool by using a frozen chilly pad.

Marinate food in the fridge, not on the bench.