

Wash your hands

20 seconds

with soap and warm water

1. Wet your hands
2. Add soap
3. Rub palms, backs and between fingers
4. Rub thumbs and nails
5. Rinse
6. Dry with a clean towel

When? Before cooking and eating. After raw meat, the toilet, bins, pets and nappies.

Your fridge

5°C or colder

check it with a fridge thermometer

1. Top shelves: ready-to-eat food and leftovers
2. Bottom shelf: raw meat and fish, covered
3. Drawers: fruit and vegetables
4. Door: drinks and sauces (it’s the warmest part)
5. Don’t pack it too full. Cold air needs to move.

Why? Cold slows germs down. In a warm fridge they multiply fast.

Raw meat and chicken

Keep it apart

from food that's ready to eat

1. Cover it and keep it on the bottom shelf
2. Use a different board and knife
3. Don't wash raw chicken. Splashes spread germs.
4. Wash your hands after touching it
5. Cook until steaming hot, with no pink inside

Why? Raw meat can carry germs like campylobacter, salmonella and E. coli.

Dates on food

Use by = safety

Best before = quality

1. Use by: don’t eat it after this date, even if it looks and smells fine
2. You can freeze food up to its use-by date
3. Best before: food is still safe after this date if stored well
4. Display until or sell by: for shops. You can ignore it.

Tip Check the use-by dates in your fridge every few days.

Freezing and defrosting

Freeze by the use-by date

then defrost safely

1. Label food with what it is and the date
2. Defrost in the fridge, not on the side
3. Or use the microwave, then cook it straight away
4. Cook defrosted food within 24 hours
5. Don’t refreeze raw meat unless you cook it first

Why? Freezing stops germs growing, but it doesn’t kill them.

Leftovers

Fridge within 2 hours

eat within 2 days

1. Cool food quickly. Spread it out in a shallow dish.
2. Cover it and put it in the fridge
3. Reheat until steaming hot all the way through
4. Reheat food only once
5. Rice: cool quickly, eat within 24 hours

Why? Germs grow fastest in warm food left out at room temperature.