

The key food safety steps



Wash your hands with warm water and **soap** before preparing or eating food



Keep the kitchen, work benches and utensils clean



Wash fruit and vegetables before preparing and eating food



Keep raw meat, poultry and seafood separate from other foods. Use different chopping boards, knives and plates



Cook foods thoroughly, especially meat, poultry, eggs and seafood



Store risky foods in the fridge

Developed by HELPP,
Funded by SA Health, and managed by Nutrition & Dietetics, Flinders University

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