

## Tips on basic food hygiene in the Kitchen

Before starting to cook wash your hands thoroughly

Make sure kitchen surfaces and utensils are clean

Ensure ingredients that need to be kept cold have been properly refrigerated

Make sure that your fridge is kept cold enough and clean

Cooked food should be kept at the top of the fridge

Defrost properly and never defrost and then re-freeze

Don't use foods that are past their sell by dates

Don't buy damaged tins or packets

When handling raw meats/poultry and fish be careful; don't place them on wooden