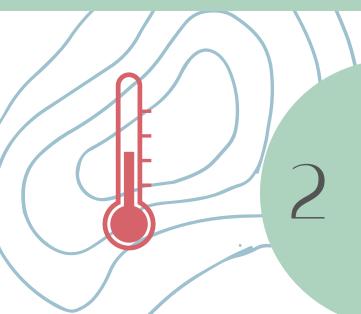# Food Safety Tips

1

Wash your hands and kitchen equipment thoroughly before preparing food, and between food types to avoid cross contamination.
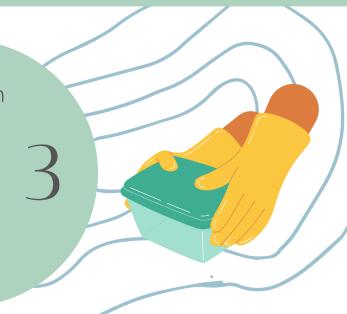
2

Keep hot foods above 60°C and cold foods below 5°C: temperatures between this are optimal growth conditions for the most common types of illness-causing bacteria.

3

Use the **2 – 4 rule**: Food sitting between 5°C and 60°C for under 2 hours -> use immediately or store safely.
Between 2-4 hours -> use immediately.
More than 4 hours –> throw it out!

4

Warm food in your fridge or freezer can put other food in danger of bacterial growth. Place pots in a cool water bath and stir to release heat before storing food.

5

Thaw frozen foods in your fridge rather than on a bench or in warm water, as this can promote bacterial growth.

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