

# Ten tips for food safety

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**Put away chilled and frozen food in your fridge or freezer as soon as you can**

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**Prepare and store raw and cooked food separately**

– keep raw or uncooked food (especially meat and fish) at the bottom of your fridge in a covered container

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**Keep the coldest part of your fridge at 0-5°C**

– use a fridge thermometer

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**Check ‘use-by’ dates**

– and don’t use food after the recommended period

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**Keep pets away from food, dishes and worktops**

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**Wash your hands thoroughly**

– before preparing food, after going to the toilet and after handling pets

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**Keep the kitchen clean**

– wash worktops and utensils between handling food to be cooked and food that’s not going to be cooked

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**Don’t eat food containing uncooked eggs**

– keep eggs in the fridge

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**Make sure food is fully cooked**

– follow the instructions on the pack. If you reheat food make sure it’s piping hot

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**Keep hot food hot and cold food cold**

– don’t leave it standing around

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