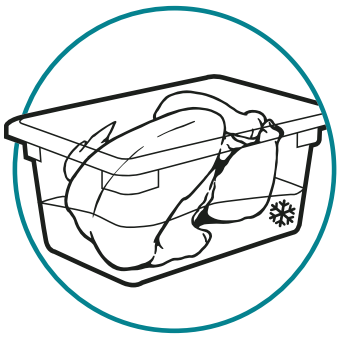
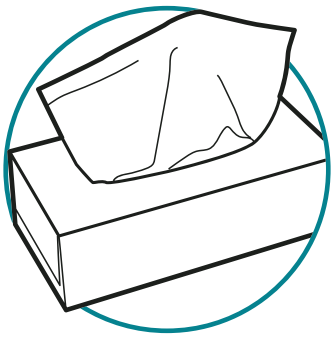
Version 1 - May 2026

6 tips for food safety



Food defrost

Remember, defrosted food should not be refrozen



Sick staff

Don't allow sick staff to handle foods



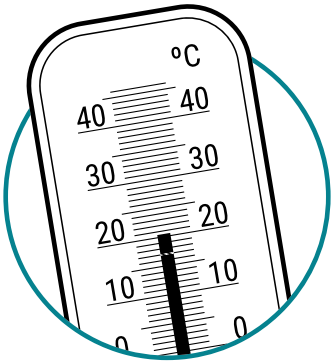
Sanitisation

Clean and sanitise preparation areas to reduce food safety hazards



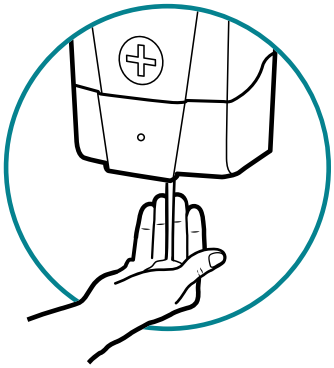
Contamination

Keep raw and cooked food separate to avoid cross-contamination



Temperatures

Hot hold foods at or above 63°C, keep chilled foods at 0-4°C, keep frozen foods at -18°C or lower and cook food items thoroughly at or above 75°C at core



Hand washing

Wash your hands with soap and water regularly to prevent contamination

The Safer Food Group

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