

# BASIC FOOD SAFETY

## Refrigerate

- Proper refrigeration temperature is 4°C/40°F. Items that should be refrigerated are to be maintained at this temperature.
- All high risk foods such as meat, poultry, fish, eggs and dairy products must be refrigerated within 2 hours of purchase/preparation
- Fresh fruits and vegetables must be refrigerated within 2 hours of peeling/cutting

## Store

- Meats should be stored separately from ready to eat foods to reduce the risk of contamination
- Dry goods should be stored in a cool, dry area.
- Assess any damaged products and monitor for signs of pests, mold and spoilage
- Best before dates should be monitored (NOTE: Best before dates indicate freshness, not necessarily how safe the food product is)

## Clean

- All fresh produce should be thoroughly washed prior to consumption under fresh, cool, running water. This is important even for fruits where you peel (eg. melons). This is a general tip that may not apply to everything (eg. bananas).
- Hand washing before and after and food preparation
- Surfaces used for food preparation should be clean and sanitary

For more information, please visit: <https://www.tbdhu.com/health-topics/food-safety#>

