

# Safe Meal Preparation and Storage

Food poisoning is usually caused by bacteria from foods that have been stored, handled, prepared, or cooked incorrectly. Knowing how to store your food can help it stay fresh, and safe for longer.



## Key considerations to keep food safe:

- Keep high-risk food at 5 °C or below or above 60 °C to avoid the temperature danger zone and food poisoning.
- Store raw foods below cooked foods in the fridge.
- Store food in sealed containers.
- Avoid refreezing thawed foods.
- Check and observe the use-by dates on food products.
- Take special care with high-risk foods (raw meat, dairy products, eggs, seafood, cooked rice/pasta, prepared salads/sandwiches).

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