

# Food Safety Checklist

From the Grocery Store to the Home

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## Chilled and frozen foods were purchased last

This reduces the time potentially hazardous foods are kept in the danger zone

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## Chilled and frozen foods were packaged in an insulated bag

This helps to keep potentially hazardous foods cool and out of the danger zone

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## The produce/products are within their use by dates

This ensures that the food is safe to eat and the risk of food borne illness is low

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## Chilled and frozen foods were not left in a hot car

This reduces the time potentially hazardous foods are kept in the danger zone

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## Chilled and frozen foods were placed promptly in the fridge and/or freezer upon arrival

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## Raw and cooked foods are stored on separate levels

Store raw meat/poultry below ready to eat food to reduce contamination

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## Hands were washed with warm soapy water, rinsed and dried before, whilst and after handling food

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## Fresh fruits and vegetables were rinsed well with water before use to remove potential contaminants

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## The internal temperature of potentially hazardous foods reached 75 degrees Celsius to kill any microbes present

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## Cooked food was consumed while still hot and leftovers were refrigerated as soon as possible



## Potentially Hazardous Foods

Potentially hazardous foods are foods that must be kept at 5 degrees Celsius or colder or at 60 degrees Celsius or hotter. This minimises the growth of food poisoning bacteria that may be in the food, or to stop the formation of toxins. Potentially hazardous foods include raw and cooked meat, dairy products such as milk, custard and yoghurt, seafood, processed or cut up fruits and vegetables, cooked rice and pasta, eggs, beans, nuts and foods that contain any of these foods such as sandwiches and rolls.

## The Danger Zone

Potentially hazardous cold foods need to be kept at 5 degrees Celsius or colder and potentially hazardous hot foods need to be kept at 60 degrees Celsius or hotter. The temperature danger zone refers to the range between 5 degrees Celsius and 60 degrees Celsius as food-poisoning bacteria which may be present in the food can grow and multiply to dangerous levels within this temperature range.

## 2-Hour/4-Hour Rule

The 2-Hour/4-Hour rule refers to the life of the food, including preparation, cooling and display. It provides guidance on how long potentially hazardous foods can be held safely at temperatures between 5 degrees Celsius and 60 degrees Celsius. For this reason, it is important to add up the total time your food was between 5 and 60 degrees Celsius. If the food has been exposed to this temperature range for 0-2 hours, it is okay to use or refrigerate. If the food has been exposed for 2-4 hours it is ok to use. However if the food has been exposed for over 4 hours, throw it away.

## Use-By-Dates & Best Before

If a food has a use-by-date, it must be eaten before a certain time for health or safety reasons. Foods with a use-by-date should not be eaten after this date as they pose a risk to your health and safety. Best before dates are on most foods. You can still eat foods for a while after the best before date as they do not pose a detrimental risk to your health and safety. Foods that are eaten after their best before dates may have lost some quality such as flavour and appearance. To keep a food until its use-by or best before date, be sure to follow any directions for use or cooking that the supplier has put on the label.

For more nutrition information, visit [healthy-kids.com.au](http://healthy-kids.com.au)

