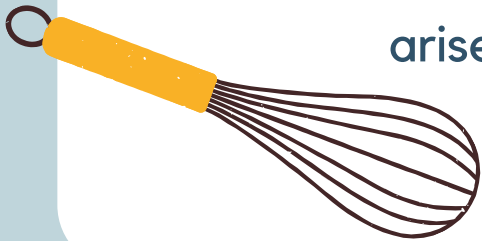
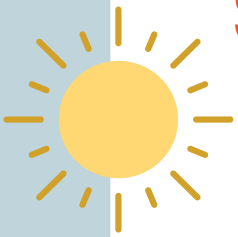




FOOD SAFETY SUMMER CAMPAIGN

These tips will help protect you and your loved ones from food safety dangers that arise in the hot summer months!

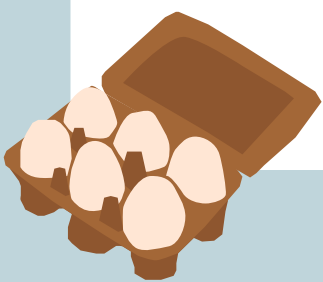


1

EGG SAFETY

Eggs should be stored in the refrigerator.

- Cook eggs until the yolk is firm.
 - Do not eat raw or undercooked eggs.
 - Hard-boiled eggs should be cooked for at least 10 minutes.
 - Scrambled eggs should be cooked until they are no longer runny.
 - Fried eggs should be cooked until the white is set and the yolk is cooked to your liking.
- Do not eat a cracked or dirty egg.



2

BBQ'S



- Thaw frozen meat in the refrigerator or under cold running water. Do not thaw meat at room temperature.
- Cook meat and poultry to the proper internal temperature. Use a meat thermometer to check the temperature.
- Do not leave cooked food out at room temperature for more than 2 hours.
- Discard any leftovers that have been left out for more than 2 hours.
- Clean and sanitize your grill after each use.

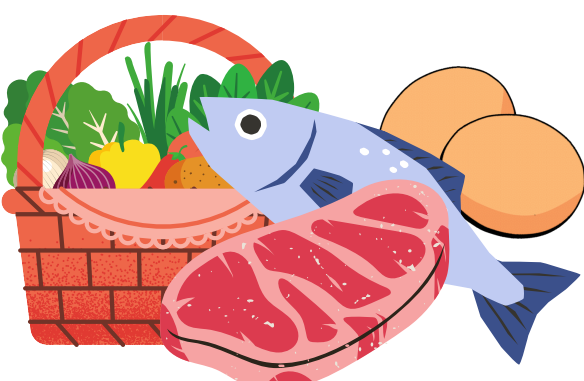


3

CROSS CONTAMINATION



- Keep raw meat, poultry, and eggs separate from other foods.
- Use separate cutting boards and utensils for raw meat, poultry, and eggs.
- Wash your hands thoroughly with soap and warm water before and after handling food.



4

TEMPERATURE CONTROL



The safe temperatures for storing foods in the UK are:

- Refrigerate: 5°C or below
- Freeze: -18°C or below
- Thaw: in the refrigerator or under cold running water
- The best way to store cold foods is to keep them in the refrigerator or freezer.
- The best way to store hot foods is to keep them in a hot box or chafing dish. The hot box should be kept at a temperature of 63°C or above, and the chafing dish should be kept at a temperature of 70°C or above.

