

Food & Pool 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

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.



3

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.



4

Temperature Control

Safe temperatures for storing foods :

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.



Pools

Stay away from pools if you are vomiting or have diarrhoea. Use swim nappies on children that are not toilet trained.

Do not allow children to use pools if they are feeling unwell.



Always use footwear around the poolside.