The key food safety steps

Wash your hands with warm water and **soap** before preparing or eating food.

Keep the kitchen, work benches and utensils clean.

Wash fruit and vegetables before preparing and eating food.

Keep raw meat, poultry and seafood separate from other foods. Use different chopping boards, knives and plates.

Cook foods thoroughly, especially meat, poultry, eggs and seafood.

Store risky foods in the fridge.

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