

Top 10 Tips – How to prevent food poisoning

Supplied by: All Food Hygiene



1. Do not prepare food too far in advance or store at ambient temperature.
2. If not eating immediately, cool cooked food as quickly as possible and put in the fridge.
3. When reheating food always reheat to 70°C for at least two minutes.
4. Do not buy contaminated processed/canned food
5. When cooking food always heat to 70°C for at least two minutes.
6. Where food needs to be thawed out prior to cooking make sure it is fully thawed all the way through.
7. Avoid cross-contamination.
8. Do not eat food raw if it should be cooked – avoid sushi.
9. If food is going to be kept warm check it is above 63°C or consumed within one hour of cooking.
10. Do not let people who have an infection handle food.

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All Food Hygiene
91 Battalion Drive
Wootton
Northampton
NN4 6RX
Tel: 0870 3800333
Web: www.foodhygiene.org

