



CHRISTMAS FOOD SAFETY TIPS

Christmas Shopping

Take plenty of bags with you when doing your Christmas Food Shop to ensure that you can keep raw and ready to eat food separate.

Storing Food

Prepare room in your fridge/freezer before doing your Christmas Shop to avoid over packing. Ensure raw food (including vegetables) are kept below any ready to eat foods to avoid cross contamination.

Defrosting

Frozen meat including turkeys should be fully defrosted in the refrigerator before cooking.

Preparation

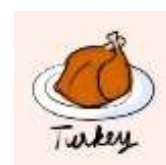
Clean equipment and surfaces thoroughly after preparing raw foods and before contact with other foods with hot soapy water and then an anti-bacterial sanitiser. Ideally use separate boards for raw and ready to eat food. Do not wash raw turkey or other poultry as germs can splash around your kitchen.

Handwashing

Wash your hands thoroughly and frequently and particularly after touching anything raw, including meat.

Cooking

Allow time for your turkey to cook thoroughly. There should be no pink meat in the thickest parts and it should be steaming hot with juices running clear.



Left Overs

Left overs should be cooled within 1-2 hours and then put into the refrigerator/freezer.

Reheating

You can freeze turkey and other meats cooked on Christmas day. However once it has been defrosted, you should consume within 24 hours.

Keep Cold Food Cold

Foods that should be served cold e.g. cheesecakes; cheeses; cream should not be at room temperature for more than 2 hours.

