



## Foodborne illness

is caused by bacteria. They can multiply very quickly in warm moist conditions. Luckily illnesses caused by *Campylobacter*, *Salmonella* and other bacteria are avoidable. Proper food handling prevents bacteria spreading, and thorough cooking kills them.

By following Foodsafe Freddie's simple 4Cs you can help keep yourself and your family and friends safe from foodborne illness.



For more information  
on food safety  
[www.foodsafe.org.nz](http://www.foodsafe.org.nz)  
[www.nzfsa.govt.nz](http://www.nzfsa.govt.nz)

Call  
**0800 693 721**  
email  
[info@foodsafe.org.nz](mailto:info@foodsafe.org.nz)

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# KEEP FOOD SAFE



Avoid foodborne illness by following these simple rules

# Did you know...

It's estimated that there are more than 200,000 cases of foodborne illness in New Zealand every year?

About 40 percent of those are believed to be caused by unsafe food handling in the home.

That means you could be making your friends and family sick.

That's not something you want to do, and it's easy to prevent by following the **4Cs**

# Clean Cook Cover Chill



## Clean

- clean your hands by washing them with soap and drying with a clean towel
- always wash your hands before handling any food and after touching raw meat and poultry, going to the toilet, changing nappies, touching pets and gardening
- wash knives and other utensils and scrub chopping boards between preparing raw and cooked food
- keep your fridge clean.



## Keep food safe

- always cover stored food – even in the fridge or cupboard
- keep raw meat and poultry covered in the bottom of the fridge and away from ready-to-eat food, fruit and vegetables to avoid dripping juices
  - when cooking outdoors, ensure that all food remains covered and cool until ready to cook or eat.
- ensure your fridge is between 2 and 4°C
  - keep all perishable foods in the fridge until you are ready to use them
- when picnicking or carrying food keep it cool in a chilly bin with a frozen drink bottle or chilly pad
- marinate food in the fridge, not on the bench.



## Cover

## Cook

- defrost frozen foods thoroughly before cooking
- minced meat and sausages should be cooked right through, and pork and poultry juices should run clear – use a meat thermometer to check temperatures
- pre-cook minced meat, sausages and poultry before barbecuing
- put leftovers in the fridge as soon as they're cool.



## Chill

