

# Food safety rules

## Keep it hot

- Use a thermometer to make sure foods are thoroughly cooked and the centre reaches 75 °C.
- Hot food must be kept at 60 °C or hotter.
- Check that only clear juices run from thoroughly cooked minced meat, poultry, chicken or rolled roasts.



## Keep it cold

- Cold food must be 5 °C or colder.
- Frozen food must be frozen hard.
- Check the temperature of fridges and cold storage areas regularly.



## Keep it clean

- Use clean, sanitised and dry cutting boards, equipment and utensils.
- Clean and rinse wiping cloths after each use, and change them frequently.
- Wash and dry your hands thoroughly and regularly.



## Keep it uncontaminated

- Keep raw food separate from cooked or ready-to-eat food.
- Use separate utensils and cutting boards when preparing raw and cooked or ready-to-eat food.
- Thaw food in your fridge, away from, and below, cooked or ready-to-eat food.



## Keep it quick

- Limit the time that high-risk food is in the temperature danger zone (5 °-60 °C) and return to the refrigerator during delays.
- Large portions of food take longer to cool. Divide large portions into smaller batches before cooling.
- If food is kept within the temperature danger zone for a total time of 4 hours or more, throw it out.



## Keep it allergen safe

- Identify allergens and label or name them in foods on your menu or display.
- Use and store foods known to contain allergens in a way that prevents them contaminating other foods.
- Train staff in food allergen risks, management and communication.



Don't let your  
food turn nasty

[www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au) [www2.health.vic.gov.au/public-health/food-safety](http://www2.health.vic.gov.au/public-health/food-safety)

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne. © State of Victoria, February 2017.  
Printed by Mercedes Waratah Digital, Port Melbourne (1612005)



Health  
and Human  
Services