



Food Safety at University



Cooking



Do cook meat & fish **thoroughly**. To check if meat is cooked, cut it and the juice should run clear.

Don't cook if you are sick or have any open cuts or sores.



Do reheat food and until it's piping hot, but **never** more than once.

Always wash hands after handling raw food, touching pets, bins,



Do clean surfaces & hands before cooking.



Cleaning



Chilling



Cooked leftovers should be **cooled** within **2** hours and **consumed** within **2** days.

The **danger** zone for bacteria growth is **8-50°C**. Your fridge should be **0-5°C**.

Do defrost frozen foods in the fridge.



The correct temperatures at which food should be heated, to **kill bacteria** are as follows:

60°C for **45** minutes

65°C for **10** minutes

70°C for **2** minutes

75°C for **30** seconds

80°C for **6** seconds.

Campylobacter, Salmonella, E. coli and Listeria are common causes of **food poisoning**. They are found in uncooked meat and unpasteurised milk.

Never reseal open cans or cartons in the fridge or freezer. **Always** transfer the contents to a covered container.

Don't touch ready-to-eat food with bare hands as this encourages **cross-contamination**. Use tongs, cutlery or gloves instead.

Do use separate knives and cutting boards for raw foods to **prevent** contamination of cooked or prepared food.

Brought to you by the

Nottingham 2019 iGEM Team