



# 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  
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