

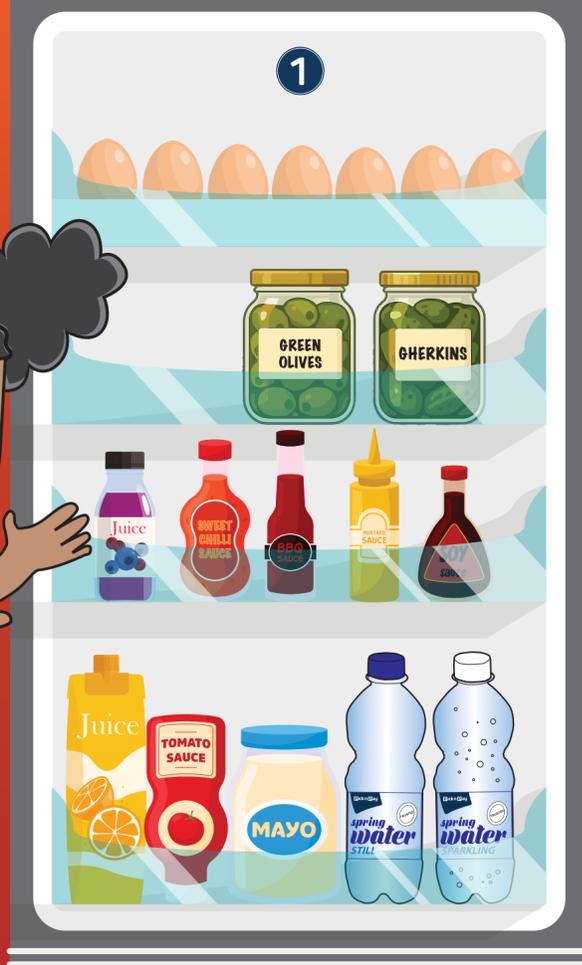
KEEP IT COOL, KEEP IT SAFE, DO NOT WASTE



HYGIENE AND PREPARATION

- Wash your hands with soap and water before you touch food.
- Use separate chopping boards so raw food does not touch cooked food.
- Keep kitchen surfaces clean.

- 1**
- Store sauces and drinks here.
 - Keep eggs cold and stable.



- 2**
- Open the freezer door for short times to keep the temperature stable.
 - Check expiry dates and use older items first.
 - Freeze extra portions before they expire.

- 3**
- Keep cooked food on higher shelves.
 - Label and date leftovers.

- 4**
- Store milk, yoghurt and ready-to-eat items here.
 - Do not over pack the fridge to ensure cold air can move.

- 5**
- Defrost frozen meat and chicken in the lowest shelf of the fridge.

- 6**
- Put fruit and vegetables in the lower drawers.

SAFE HANDLING OF LEFTOVERS

- Store leftovers in clean, shallow containers and use them within 2 days.
- Do not defrost and reheat food more than once.