

*food is* FUN

FUN

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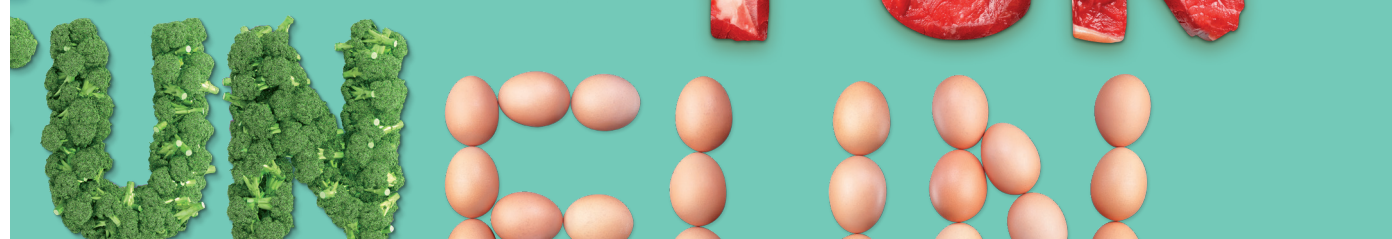


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[healthywa.wa.gov.au](http://healthywa.wa.gov.au)

in alternative formats on request  
for a person with a disability.



**CLEAN • SEPARATE • COOK • CHILL**

## Don't gamble on a googy

Eggs sometimes carry bacteria that cause food poisoning so avoid cracked or dirty eggs, and never wash them. If you have backyard chooks, just brush the dirt off. Cook eggs until firm and if you use raw eggs in foods such as desserts and mayonnaise, refrigerate immediately and consume in 24 hours.



## Undercooked chook makes you crook

Chicken can carry bacteria that can cause food poisoning so make sure you cook it thoroughly, until there's no pink meat inside and the juices run clear. Never wash raw chicken as this spreads bacteria around your kitchen.



## Scrub your grub

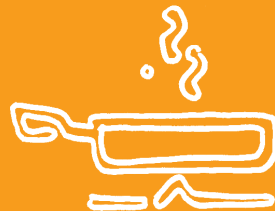
Always wash your fruit 'n' veg under running water before eating or cooking them, even the pre-bagged ones from the supermarket.



## Keep it clean or feel green



## Be smart. Keep foods apart



## Nuke it don't puke it



## Chill it or chuck it

## CLEAN



Bacteria on raw meat, chicken, eggs and fruit'n'veg can spread from your kitchen to your food, making you sick. Simply clean your hands, utensils and benchtops with hot, soapy water before, during and after cooking to prevent food poisoning.

## SEPARATE



The majority of food poisoning happens at home. Separate raw meat, chicken and eggs from ready-to-eat food and use separate utensils and chopping boards to prevent cross-contamination.

## COOK



Cook meat, chicken, eggs and seafood thoroughly to kill bacteria that can make you sick. When cooking meat, ensure the juices run clear and there's no pink inside. Only reheat food once, and until it's steaming hot.

## CHILL



Bacteria that cause food poisoning grow best between 5°C and 60°C, known as the temperature danger zone. So, keep cold foods cold (below 5°C) and hot foods hot (above 60°C). Anything left in the danger zone for more than four hours should be thrown away.