

Be food safety wise this Christmas

With Christmas just around the corner, people will be planning parties and buffets to celebrate with family and friends.

Many cases of food poisoning occur around the festive season because people do not follow the food safety rules.

Food poisoning is a miserable and potentially dangerous experience. Many people attribute its symptoms to a simple tummy upset or seasonal overindulgence.

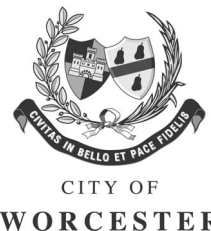
Certain people such as children, pregnant women and the elderly are more vulnerable to food poisoning bacteria, so be very careful when preparing foods for these groups.

This Christmas make sure the food at your party is safe to eat by following our food safety tips

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Christmas Food Safety

Top tips for food safety

Plan carefully

- DO NOT make foods too far in advance.
- ENSURE you have enough fridge and freezer space.
- DO NOT leave food standing around for hours in a warm room before it is eaten,

Temperature Control is essential

- KEEP hot food hot (63°C or hotter) and cold food cold (5°C or colder)
- KEEP perishable foods (meats, quiches etc) in the fridge.
- ENSURE food is cooked thoroughly and piping hot before serving. Be extra careful with turkeys or large joints of meat - make sure the centre is well cooked.
- COOL down leftovers quickly and refrigerate within 4 hours of cooking.

Prevent contamination

- WASH your hands thoroughly in hot soapy water before preparing food and especially after touching raw meat and other raw foods.
- KEEP cuts and grazes covered with a waterproof plaster.
- CLEAN equipment and surfaces thoroughly after preparing raw foods and before contact with other foods.
- ALWAYS store cooked or ready to eat foods on a higher shelf than raw foods.
- KEEP pets out of the kitchen when preparing food.
- AVOID preparing food for yourself or others if you are ill, especially with sickness and/or diarrhoea.



Take care with eggs

- DO NOT use raw eggs in uncooked foods (e.g. home-made mayonnaise or chocolate mousse) and particularly for vulnerable groups. Use pasteurised egg or commercial mayonnaise



The Councils Environmental Health Staff wish you a healthy, happy Christmas.