

TEN GOLDEN RULES OF SAFE FOOD HANDLING.

Safe food handling is essential for preventing the spread of germs and food poisoning. Remember these easy rules whenever you prepare or cook food. This will help to keep your club community healthy!

1

Always wash your hands thoroughly before you start preparing food

2

Store food appropriately

3

Do not handle food if you are sick or have exposed cuts or sores on your hands

4

Do not overload the fridge

5

Keep hot foods hot (above 60°C) and keep cold foods cold (below 5°C)

6

Clean and sanitise the cooking or storage area after preparing or storing raw food

7

Defrost food in the fridge or microwave

8

Never smoke in food areas

9

Do not refreeze thawed food

10

Eradicate pests



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