But getting sick from it isn’t.

So, we’re here to show you that handling food is a piece of cake. Play it food safe, by following our four easy steps every time.

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food is FUN

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Keep it clean or feel green
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.

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

Nuke it don’t puke it
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 it or chuck it
Bacteria that cause food poisoning grow best between 5ºC and 60ºC, known as the temperature danger zone. So, keep cold foods cold (below 5ºC) and hot foods hot (above 60ºC). Anything left in the danger zone for more than four hours should be thrown away.

Search HealthyWA for tips.
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