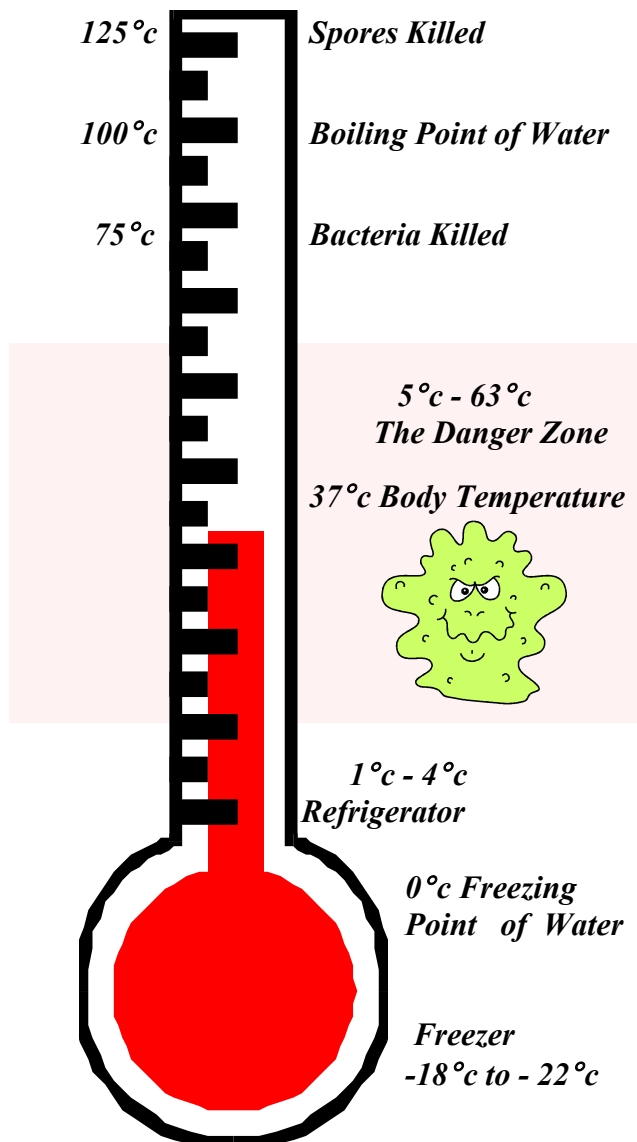


# Germometer



## Preventing the Growth of Food Poisoning Bacteria

Keep "High Risk" foods out of the temperature danger zone (5° c to 63° c) at all stages.

Inadequate temperature control is a contributory factor in about four out of every five outbreaks of food poisoning.

- ❖ Buy from a reputable supplier
- ❖ Keep all food, especially high risk, out of the danger zone and store correctly
- ❖ Eat within the "Use By" dates; Ensure first in first out
- ❖ Keep a high standard of personal hygiene
- ❖ If in doubt do not use
- ❖ Do not re-freeze

Food should be kept out of the refrigerator for no longer than an hour after cooking. Keep food hot or cold

## High Risk Foods!

Foods that require no further preparation before being eaten, such as -

**Cooked Meats and Poultry**  
**Cooked Rice; Custards & Egg Dishes**  
**Gravy; Fish and Shell Fish**

These foods will support the growth of pathogenic bacteria

Remember, high risk foods are nearly always cooked foods, not raw, as it is assumed that raw food will be cooked before being consumed