## KITCHEN CHECK







In association with your local Environmental Health Service

CLEARING SPACE

Clear work surfaces of things you won't need and clean them with hot, soapy water or disinfectant. Get pets out of the way.



**CHOPPING BOARD** 

Wash your board and other utensils in hot, soapy water when you've finished using them and in between preparing raw and ready-to-eat food.



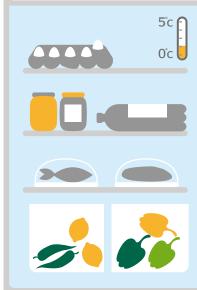
HAND WASHING

Wash hands thoroughly with soap and warm water, rinse well and dry.



CLEANING

Use disinfectant and cleaning products that are meant for use in the kitchen.



**FRIDGE** 

Make sure your fridge is set between 0°C and 5°C. Keep raw meat and poultry in covered containers on the bottom shelf to avoid contaminating other foods.



COOKING

Cook poultry, pork, burgers, sausages and kebabs until steaming hot with no pink meat left inside and juices run clear.





## For more information on safe eating in the home go to food.gov.uk/kitchen-check or visit safefood.eu

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