

# Whakamaru Kai

## Be Food Safe



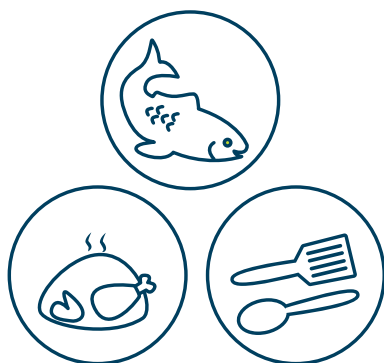
Wash your hands



Train your staff



Don't handle food if sick



Keep separate



Throw out rubbish



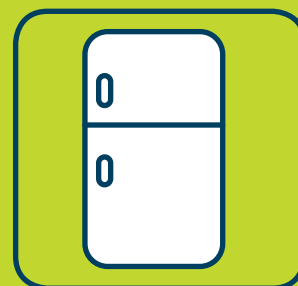
Clean



Cook



Cover



Chill





## Horoia Clean

### Why

Washing everything that touches food prevents germs spreading.

### How

Thoroughly wash and dry your hands before touching food. Clean equipment and surfaces. Rinse fresh fruit and veg before eating.



## Tunua Cook

### Why

Heating meat and poultry at high temperatures helps kill germs.

### How

Cook meat and poultry thoroughly. When re-heating food, make sure it is piping hot all the way through.



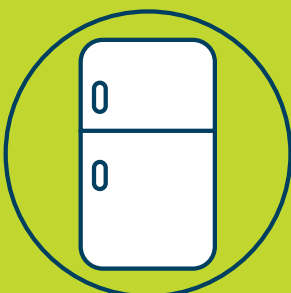
## Taupokihia Cover

### Why

Covering food prevents germs spreading.

### How

Keep raw meat and poultry in clean sealed containers. Separate them from cooked and ready-to-eat foods. Cover all rubbish bins to control pests.



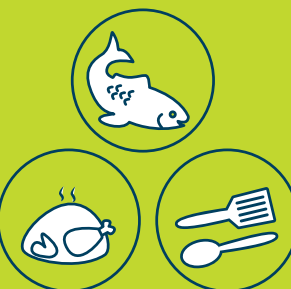
## Whakamātaohia Chill

### Why

Chilling food at or below 5°C prevents germs growing.

### How

Refrigerate food as soon as possible after cooking.



## Whakawehewehe Separate

### Why

Separate raw and cooked food to prevent transferring germs.

### How

Use separate equipment to prepare and store raw and ready-to-eat foods. Always wash anything after it has touched raw poultry and meat.