

Public Advisory Note 9 Taking Care with Frozen Foods in the Home

This leaflet gives simple guidelines on how to safeguard the health of your family by following good food hygiene practices when handling frozen foods.

Food poisoning is an illness which can be caught by eating food contaminated by bacteria, either by unwashed hands, contaminated utensils, work surfaces, improper preparation and/or inadequate cooking and storage of food.

To prevent unnecessary exposure of frozen food to bacteria follow the guidelines below:-

1. Buy frozen food from clean hygienic shops
2. Transport the food home as quickly as possible, preferably in a cool box
3. Put the food straight into the freezer, unless it is to be eaten straight away
4. The temperature of your freezer should be kept at -18°C, in order to stop bacteria multiplying, **BUT** remember freezing food does **NOT KILL** bacteria
5. Hands carry germs – they should be well washed before preparing food and **ALWAYS** after visiting the toilet.
6. When defrosting food follow the manufacturers instructions carefully.
7. Cooked food in the fridge should be kept cold and stored well away and above raw food which are defrosting to avoid contamination.
8. When cooking or reheating frozen/chilled foods always observe the manufacturers instructions.
9. If heating food in your microwave do not forget to observe standing times and serve hot.
10. Always dispose of food which are past the “**use by**” date recommended by the manufacturer.

**For further Advice/Information contact
Salford City Council
Environment Directorate, Turnpike House
631 Eccles New Road, Salford M5 2SH
Telephone: 0161 737 0551
Email: environment@salford.gov.uk**