

**Public Advisory Note 17  
Top Ten Tips For Food Safety**

<p><b>One</b> <b>TAKE CHILLED AND FROZEN FOODS HOME QUICKLY</b> Then put it in your fridge or freezer at once</p>
<p><b>Two</b> <b>PREPARE AND STORE RAW AND COOKED FOOD SEPARATELY</b> Keep raw meat and fish at the bottom of your fridge</p>
<p><b>Three</b> <b>KEEP THE COLDEST PART OF YOUR FRIDGE AT 0-5°C</b> Get a fridge thermometer</p>
<p><b>Four</b> <b>CHECK “USE BY” DATES</b> Use food within the recommended period</p>
<p><b>Five</b> <b>KEEP PETS AWAY FROM FOOD</b> And dishes and worktops</p>
<p><b>Six</b> <b>WASH HAND THOROUGHLY</b> Before preparing food, after going to the toilet or after handling pets</p>
<p><b>Seven</b> <b>KEEP YOUR KITCHEN CLEAN</b> Wash worktops and utensils between handling which is to be cooked and food which is not</p>
<p><b>Eight</b> <b>DO NOT EAT FOOD CONTAINING UNCOOKED EGGS</b> Keep eggs in the fridge</p>
<p><b>Nine</b> <b>COOK FOOD WELL</b> Follow the instructions on the pack. If you reheat make sure it is piping hot</p>
<p><b>Ten</b> <b>KEEP HOT FOODS HOT AND COLD FOODS COLD</b> Don't just leave them standing around</p>

For further Advice/Information contact  
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