

7 ways to safer food in the summertime

1 **Two hours is the maximum** amount of time to leave food on the table, unrefrigerated.

2 **Avoid putting cooked meat** on the same dish that had raw meat on it without washing the dish first.

3 **Don't pour marinades** that have been used on raw meat back over cooked meat.

4 **Avoid storing cooked food** with uncooked meat – always keep them in separate sealed containers, with raw meat on the bottom shelves or in the meat tray of the fridge to prevent any juices dripping over other food that won't be cooked.

5 **Make sure food is cooked through** – mince and sausages should never be pink and chicken juices should run clear. When in doubt, test by cutting or using a meat thermometer (see right for recommended temperatures), not by biting into it.

6 **Only refrigerate cooked food for three days** and if reheating leftovers, make sure they are steaming hot (above the 60°C danger zone).

7 **Use an anti-bacterial cleaner to clean dish cloths** and tea towels, as well as kitchen surfaces, utensils and chopping boards, after you've been preparing raw food.

Your guide to safely barbecuing meat

Keeping any meat chilled to below 5°C is crucial, as harmful bacteria quickly multiply in temperatures between 5°C and 60°C.

Once meat is cooked through, it kills any harmful bacteria. When in doubt, use a meat thermometer and the temperature guide below and you'll be able to determine when different types of meat are cooked through.

