

Our hot Queensland summers are an added risk to the safety of our food. The extreme heat we have been seeing here lately makes it difficult to keep food at a safe temperature.

High risk foods must be kept out of the temperature danger zone (5°C-60°C) as much as possible to avoid the growth of harmful bacteria.

High risk foods include:

- Meat and poultry
- Fish and seafood
- Eggs
- Dairy products
- Cooked rice/pasta

Below are our top tips for keeping high risk foods cold this summer:

1

- Check the temperature of your fridge at least once, best practice twice a day (morning and afternoon) to ensure it is able to consistently keep the temperature below 5°C.

2

- Check fridge seals are in good working order and are holding the door tightly shut.

3

- Avoid opening the fridge door too frequently.

4

- When transporting high risk food, even if only for a short trip, use cooler bags with ice bricks.

5

- If offering self-service of meals or snacks ensure food is only out for a short period of time and any left-overs following service are disposed of.

6

- During preparation only take out high risk foods to be used straight away and then return them back to cold storage immediately after use.