

# Food safety tips for the festive season

The City of Bayswater is encouraging residents to take extra care when preparing and storing food during the busy festive season.

Safe food handling is even more important in summer, as warmer temperatures allow bacteria to grow more rapidly.

**Reduce your risk of food-borne illnesses by following these tips when preparing and storing food:**



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Store foods such as meat, dairy products and other perishable goods in the fridge until needed.

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Ensure leftovers are returned to the fridge as soon as possible and are not at room temperature for longer than two hours.

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Cover food to prevent contamination by dust or insects.

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Dispose of foods containing meat, dairy products or other perishable goods that have been left out of the fridge for more than four hours.

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Thaw frozen food in the fridge or microwave instead of on the kitchen bench.

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Cook meats thoroughly, taking extra care with poultry and minced meat products.

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Allow freshly cooked meats to cool down to room temperature (no longer than two hours) before placing in the fridge.

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Bring an esky of ice or ice bricks to keep meats and other foods cold at barbecues and picnics.

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Check the use-by dates on food.

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Wash your hands with soap and warm water and dry hands thoroughly before handling food and immediately after handling raw meat.

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Avoid cross contamination by preparing and storing raw meats separately from cooked and ready-to-eat foods.

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Ensure utensils used on raw meats, such as tongs, chopping boards and knives, are washed before being used with ready-to-eat foods.

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As a guide, keep leftovers for no longer than three days, however this could be less depending on the type of food and the way it has been handled.

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Wash fruit and vegetables in clean running water before eating.

## City of Bayswater

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