

Welcome to sunny East Lothian!

Your guide to
food safety



Be safe in the kitchen

Preparing food safely prevents harmful bacteria from spreading, growing and causing illness.

Here are some top tips to protect yourself and your fellow students...

Dates on food

23
JUN

USE BY dates are on foods that go off quickly, after the *Use By* date foods could be unsafe to eat.

BEST BEFORE dates show how long food will be at its best.

After the *Best Before* date food is still normally safe to eat but might not have the same flavour or texture.

Cleaning



Always keep your kitchen clean and tidy. Always wash worktops before and after preparing food, this is particularly important after preparing raw meat, fish, poultry, vegetables and eggs. Use suitable disinfectant and cleaning products as per the instructions. Wash kitchen cloths, sponges and dish towels regularly.

Fridge



Make sure your fridge is set between 0°C and 5°C. Keep raw meat, fish and poultry in covered containers **on the bottom shelf** to avoid them contaminating other foods. Use the fridge / freezer thermometers to check temperatures.

Hand Washing



Wash hands thoroughly with soap and warm water, rinse well and dry before handling food. Always wash hands after handling raw meat, poultry, fish, vegetables and eggs.

Chopping Boards



Wash your boards and other utensils in hot soapy water, or preferably a dishwasher, when you have finished using them and in between preparing raw and ready-to-eat foods.

Leftovers

Cool leftovers as quickly as possible (splitting into smaller portions can help) cover and refrigerate.

Use leftovers within 2 days.

Reheat until steaming hot.

Never reheat more than once.

Reheat thoroughly until the core temperature is not less than 82°C.

Cooking



Don't wash raw meat before cooking it. Washing won't get rid of harmful bacteria – the only way to do this is by cooking the food thoroughly. If you wash raw meat or fish you also run the risk of splashing bacteria onto worktops and utensils. **Cook raw meat and poultry until steaming hot with no pink meat left inside and the juices run clear.**

Cooking food to a core temperature of 75°C or above will ensure that harmful bacteria are destroyed. Follow manufacturers instructions on pre-prepared foods.



Use a probe thermometer to check food temperatures, washing thoroughly between uses.



Environmental Health Service at East Lothian Council

If you have any queries regarding safe food preparation
please email ehs@eastlothian.gov.uk
or call: 01620 827365

Food Hygiene Information Scheme

Consumers in Scotland can see how well food businesses
in their area have fared in food hygiene inspections.

If you're heading out to eat with friends don't forget
to check the FHIS at www.foodstandards.gov.scot