

# SAFE SUMMER FOOD

## IN EIGHT EASY STEPS

### STEP 1

**Make sure frozen meat is fully thawed before cooking**

Defrost in the fridge or microwave on the defrost setting, not at room temperature



### STEP 2

**Keep cold, perishable foods below 5° C**

In the fridge, or in a cool box when out and about

### STEP 3

**Use different chopping boards and utensils for raw meat**

Store raw meat separately from ready-to-eat food



### STEP 4

**Pre-cook chicken and pork in the oven**

Finish them on the barbecue knowing that the meat is safely cooked through



### STEP 5

**Don't overload the barbecue**

And remember that disposable barbecues take longer to heat up and to cook food



### STEP 6

**Cook burgers, sausages, kebabs, pork and chicken until:**

- They're steaming hot throughout
- There is no pink meat visible
- Any juices run clear



### STEP 7

**Don't serve rare burgers**

Harmful bacteria may be present in the middle of a pink burger



### STEP 8

**Don't leave food out for longer than 2 hours**

One hour if it's very hot outside

Information shared in partnership with the Food Standards Agency



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