



barbecues

Don't poison your friends or family!!
Barbecues are well-known for causing
food poisoning. If you are planning a
barbecue remember the following:

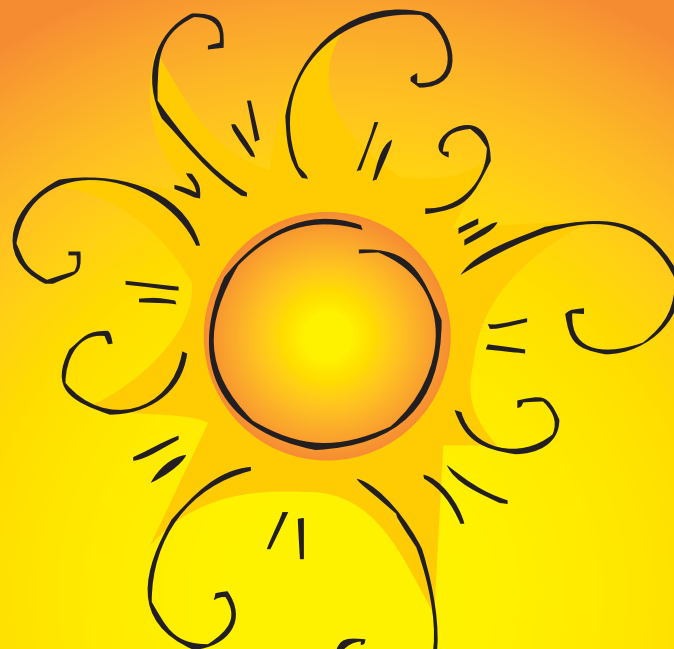
-  keep food in the 'fridge until you are ready to use it.
-  get the barbecue going well with the charcoal glowing red before you start to cook.
-  do not cook frozen food until it is properly thawed.
-  **DO NOT** let the food cook too quickly. Move food around and be sure that it doesn't burn on the outside before the middle is cooked.
-  if cooking large quantities, use an oven and just finish off on the barbecue.
-  **KEEP RAW MEAT AWAY FROM READY TO EAT FOOD.**
-  wash your hands after handling raw meat.
-  use separate utensils for handling raw meat.
-  make sure that there is no pink left in the middle of sausages, burger, chicken or pork.
-  if you drop food onto the grass - **don't blow it - throw it away!!**

REMEMBER
STOP! THINK? WASH!!!



for further information
contact your local
Environmental Health Office:

Office	Tel No.
Bellwood Road, Aboyne	013398 87373
The Square, Banchory	01330 822878
5 Back Path, Banff	01261 813280
45 Bridge Street, Ellon	01358 726435/6
1 Kirk Brae, Fraserburgh	01346 586323
25 Gordon Street, Huntly	01466 794121
Gordon House, Inverurie	01467 620981
60 Broad Street, Peterhead	01779 483254
High Street, Turriff	01888 563417
Arduthie Road, Stonehaven	01569 768232



Food Safety for Summer

**COOL SAFE...
...EAT SAFE**

Out and About

Enjoy a safe picnic

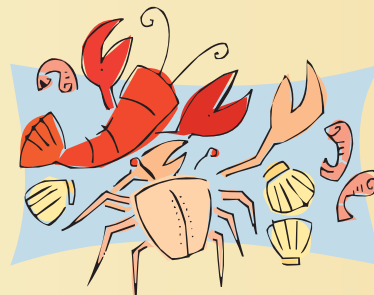
- ☀️ keep food cool in a cool box/bag.
- ☀️ pack with ice packs or frozen cartons of juice.
- ☀️ wash your hands before eating or use anti-bacterial hand gel or wet wipes.
- ☀️ **DO NOT** drink from rivers or streams when out in the countryside - take your own supply of water with you.
- ☀️ if your hands have been in a stream or pond they will need washing before eating.
- ☀️ **DO NOT** eat plants or vegetation - they may be poisonous or contaminated with germs.
- ☀️ if you drop food on the ground - throw it away ... **DO NOT EAT IT.**



stay cool

Germs that cause food poisoning like the warm weather too. So keep food cool - **especially the following.**

- ☀️ milk, cream and dairy products.
- ☀️ meat and poultry.
- ☀️ fish and shellfish.
- ☀️ cooked rice.
- ☀️ and all ready-to-eat foods.
- ☀️ get your shopping home and into the 'fridge as quickly as possible.
- ☀️ use a coolbox or insulated bag for transporting 'high-risk' food.
- ☀️ cool cooked food as quickly as you can (not longer than 2 hours) and put it in the 'fridge.
- ☀️ check regularly that your 'fridge is working properly and the temperature is below 5°C.
- ☀️ don't overload the 'fridge.
- ☀️ keep raw meat below any cooked food in the 'fridge.



Handwashing

Inadequate handwashing is the main way bacteria spread and cause food poisoning.

WASH YOUR HANDS OFTEN and especially

- ☀️ after using the toilet
- ☀️ before touching food
- ☀️ after touching animals
- ☀️ after handling raw foods

DRY YOUR HANDS

- ☀️ preferably on paper towels
- ☀️ dry thoroughly



**REMEMBER
STOP! THINK? WASH!!!**