



# The four steps of food safety

Food safety for your child during their cancer treatment

## 1 CLEAN

**Wash your hands and surfaces often.**

- Wash your hands with soap and water for at least 20 seconds.
- Wash kitchen utensils, cutting boards and counter tops with hot, soapy water.
- Wash fruit and vegetables really well under running water.
- Never wash meat, poultry, or eggs.

## 2 SEPARATE

**Keep raw foods to themselves. Germs can spread from one food to another.**

- Keep raw meat, poultry, seafood and eggs away from other food at all times.
- Use a separate chopping board, knife and plate for raw food.

## 3 COOK

**Food needs to be steaming hot. Heat kills germs.**

- Cook all food until it is steaming hot (you can see steam coming out).
- Serve food as close to cooking as you can, but let steaming food cool down enough so your child doesn't burn their mouth.

## 4 CHILL

**Put food in the fridge straight away.**

- Keep your fridge below 5°C and your freezer below -20°C.
- Cool down cooked food quickly if you want to eat it later.
- Only defrost food in the fridge, in cold water, or in the microwave.

### The 2 HOUR RULE

Refrigerate or freeze meat, poultry, fish, seafood, eggs, dairy (and other food that can spoil or 'go off') within 2 hours of buying or cooking. This includes food made from these ingredients.

**After 2 hours throw out!**

### 0 to 2 hours

- Eat
- Refrigerate
- Freeze

### more than 2 hours

- Throw it out
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