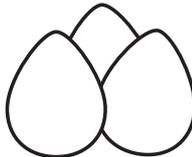


Be Allergy Aware

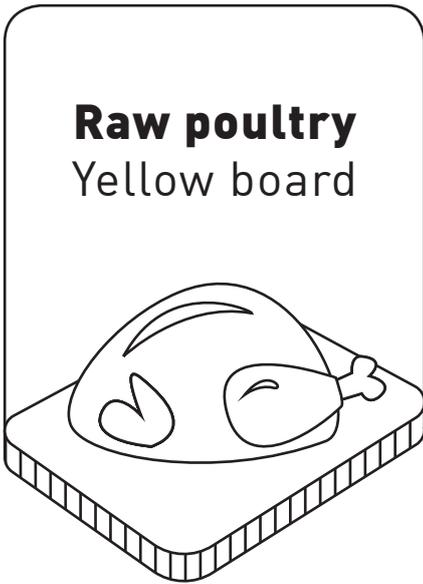
Allergens have the potential to kill.

	Peanuts		Shrimp
	Milk		Fish
	Sesame Seeds		Sulphites
	Tree nuts		Soy beans
	Eggs		Cereals that contain gluten
	Lupin		

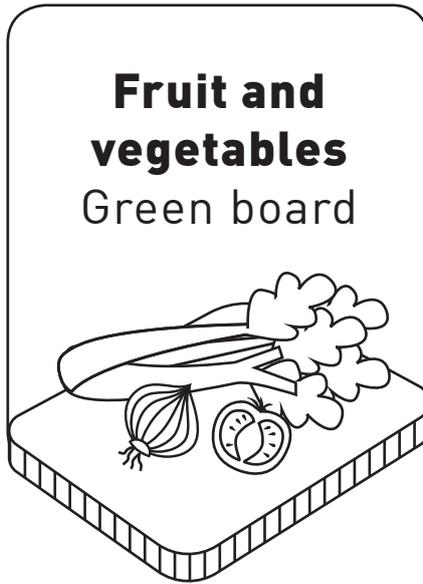
Separating Food

Using separate chopping board, equipment and prep stations to prevent cross-contamination.

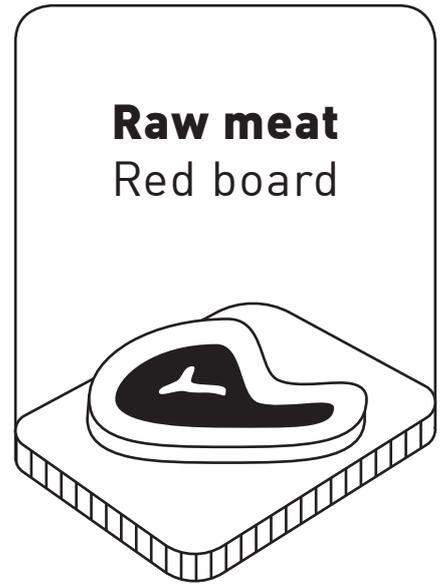
Raw poultry
Yellow board



Fruit and vegetables
Green board



Raw meat
Red board



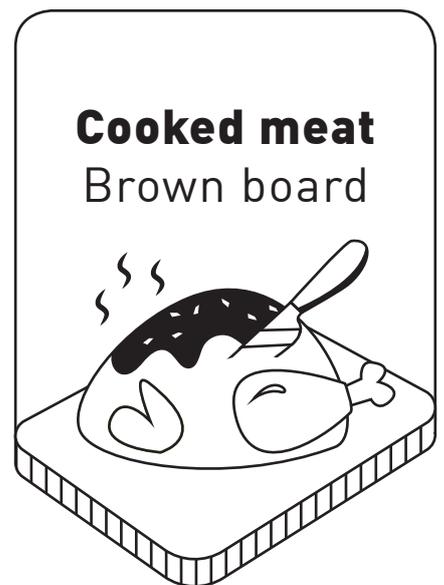
Raw seafood
Blue board



Bread/Dairy
White board



Cooked meat
Brown board



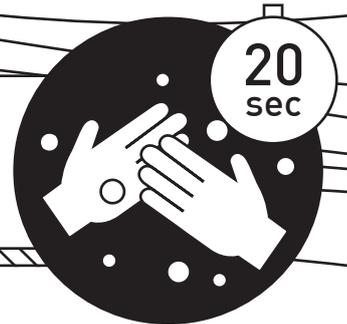
90%

of **bugs** can be **killed** by
washing your hands properly

1
Wet



2
Rub



3
Rinse



4
Dry



A black and white illustration of a hand holding a smartphone. The phone's screen displays the text 'YOUR PHONE HAS 18x more bugs! THAN A PUBLIC TOILET'. The background is filled with line drawings of public toilets. The hand is a solid black silhouette.

YOUR PHONE HAS
18x more bugs!
THAN A PUBLIC TOILET

Keep your phones away from food, preparation areas and equipment, and wash hands after use.

TEMPERATURE CONTROL

75°C and over

Cook food

Measure from the centre of the food.

60°C and over

Keep food hot

Heat food to 75°C before putting it in the warmer.

5°C – 60°C

DANGER ZONE

When bugs thrive! Food should not be in this zone for more than **4 hours**.

5°C and under

Chill food

Cook & store potentially hazardous food at the right temperature to stop bugs growing.

