Whakamaru Kai
Be Food Safe

Wash your hands
Train your staff
Don’t handle food if sick

Keep separate
Throw out rubbish

Clean
Cook
Cover
Chill
Horoia  Clean

Why
Washing everything that touches food prevents germs spreading.

How
Thoroughly wash and dry your hands before touching food. Clean equipment and surfaces. Rinse fresh fruit and veg before eating.

Tunua  Cook

Why
Heating meat and poultry at high temperatures helps kill germs.

How
Cook meat and poultry thoroughly. When re-heating food, make sure it is piping hot all the way through.

Taupokihia  Cover

Why
Covering food prevents germs spreading.

How
Keep raw meat and poultry in clean sealed containers. Separate them from cooked and ready-to-eat foods. Cover all rubbish bins to control pests.

Whakamātaohia  Chill

Why
Chilling food at or below 5ºc prevents germs growing.

How
Refrigerate food as soon as possible after cooking.

Whakawehewehe  Separate

Why
Separate raw and cooked food to prevent transferring germs.

How
Use separate equipment to prepare and store raw and ready-to-eat foods. Always wash anything after it has touched raw poultry and meat.

Looking for more info? Contact MPI Phone: 0800 00 83 33. Email: info@mpi.govt.nz Or contact your local Council.