

cross-contamination

Cross-contamination is when bacteria spread between food, surfaces or equipment. It is most likely to happen when-

- raw food touches (or drips onto) other food
- raw food touches (or drips onto) equipment or surfaces
- people touch raw food with their hands



Use separate cutting boards and plates for produce and for meat, poultry, seafood, and eggs.

Placing ready-to-eat food on a surface that held raw meat, poultry, seafood, or eggs can spread bacteria and make you sick.

- Use one cutting board for fresh produce, and one for raw meat, poultry, or seafood.
- Use separate plates and utensils for cooked and raw foods.
- Before using them again, thoroughly wash plates, utensils, and cutting boards that held raw meat, poultry, seafood, or eggs.
- Once a cutting board gets excessively worn or develops hard-to-clean grooves, consider replacing it



Keep meat, poultry, seafood, and eggs separate from all other foods at the trolley .

- Separating raw meat, poultry, seafood, and eggs from other foods in your shopping cart.
- At the checkout, place raw meat, poultry, and seafood in plastic bags to keep their juices from dripping on other foods.



Keep meat, poultry, seafood, and eggs separate from all other foods in the fridge.

Bacteria can spread inside your fridge if the juices of raw meat, poultry, seafood, and eggs drip onto ready-to-eat foods.

- Place raw meat, poultry, and seafood in containers or sealed plastic bags to prevent their juices from dripping or leaking onto other foods. If you're not planning to use these foods within a few days, freeze them instead.
- Keep eggs in their original carton and store them in the main compartment of the refrigerator—not in the door.

The recommended guidelines from the Food Standards Agency suggest that you should use each colour of chopping board with the following food groups:

- Red - Raw Meat.
- Blue - Raw Fish.
- Yellow - Cooked Meat.
- Brown - Vegetables.
- Green - Salads & Fruit.
- White - Bakery & Dairy.

	Blue	Raw Fish
	Brown	Vegetable
	Green	Salad & Fruit
	Red	Raw Meat
	White	Bakery & Dairy
	Yellow	Cooked Meat