

*Burdekin Shire Council – media release*

HEAT'S ON FOR FOOD SAFETY

WITH summer approaching, Burdekin residents need to take even greater care with food storage and handling.

Burdekin Shire Council environment and health manager Tracy Jensen said harmful bacteria multiplied quickly in hot temperatures, so it was important to adopt good food safety practices during the hotter months.

She said foods such as cold meats, cheeses, dairy products and creamy desserts needed to be kept refrigerated at five degrees or below in order to prevent incidents of food poisoning.

She said foods should be kept in the refrigerator for as long as possible before serving and remaining portions should be returned to the fridge as soon as possible after serving.

“If the food has been out of the fridge for more than two hours, play it safe and throw it out,” Ms Jensen said.

“This also applies to things like unbaked cheesecakes, custards or cream-based products.”

Ms Jensen said people’s refrigerators tended to get overloaded during the festive season, which made it difficult to keep food as cold as it needed to be.

“The best advice I can give here is to use an esky or spare fridge to store softdrinks and alcohol and keep the refrigerator for the food. And remember, milk-based drinks should still be stored in the refrigerator.”

Ms Jensen was speaking ahead of Food Safety Week, which runs from November 9 to 15.

*For more information: Tracy Jensen 4783 9873.*