

# For goodness sake Don't cross-contaminate

**Make sure that food-borne disease bacteria do not have a chance to transfer from raw foods onto cooked food, or from your body, onto ready to eat foods by:**

- > Ensuring raw meats, especially raw poultry, don't come into contact with cooked or ready to eat foods.
- > Thoroughly washing and sanitising (between use), or using separate chopping boards for cooked and raw foods.
- > Using utensil like tongs and spoons to avoid hand contact with ready to eat food where practical.
- > Securely storing raw poultry and meat (in the fridge) so that it can't drip or make contact with fresh food.

