



# HOROIA



# TUNUA



# TAUPOKIHIA



# WHAKAMATAOHIA



## **HOROIA, CLEAN**

wash your hands with soap for 20 seconds and dry them with a clean towel for 20 seconds

wash utensils and scrub chopping boards between raw and cooked kai.

## **TUNUA, COOK**

defrost frozen kai thoroughly before cooking

cook minced meat and sausages right through - use a meat thermometer to check poultry is cooked.

## **TAUPOKIHIA, COVER**

always cover stored kai

keep raw meat and poultry covered in the bottom of the fridge and away from ready-to-eat kai

keep kai covered and put salads and kiamoana on the table just before eating.

## **WHAKAMATAOHIA, CHILL**

keep all perishable kai in the fridge until you are ready to use it

when eating outdoors or transporting kai, keep it cool in a chilly bin.

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Te Pou Oranga Kai o Aotearoa