

# MEDIA RELEASE

Dalby Town Council  
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## Be food safe this Christmas

With the holiday season combination of scorching temperatures and plenty of festive feasts, it's not surprising that most reported cases of food poisoning occur during summer.

Spokesperson for planning and liveability Cr Glen Latermore said that Council's message this summer is that prevention is better than cure.

"You can protect your family and friends from food borne illnesses by following some simple preventative measures when preparing food to share over the holidays.

"With less than three weeks until Christmas residents and shop owners alike should be checking that refrigerators are working at a temperature between 0° and 4°C and that freezers are below -15°C."

To prevent the growth of harmful bacteria in food Council's planning and environment manager Todd Summerville urges residents follow these guidelines:

- Store cold and frozen food in the refrigerator or freezer as soon as possible after purchasing.
- Wash hands with soap and warm water before handling food and between handling raw and cooked foods.
- Thaw frozen food in the refrigerator or microwave to prevent bacteria growing on the outside while the inside remains frozen.
- Change the knife and chopping board between raw and cooked food to prevent contamination.
- Serve cold food straight from the refrigerator and keep hot foods at simmering point.
- Refrigerate leftover food - do not leave at room temperature.
- Wash dishcloths in hot water and dry between uses.

For more information contact Council's community services team on 4672 1151.

- Ends-

### Media Contact

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