



# 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 kaimoana 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