



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