

## **Cooking for Family and Friends this Easter**

Acting Chief Health Officer, Dr Paul Kelly said today that Easter is a great time to gather with the people we care about, but the last thing we want is for it to end with our guests getting sick with food poisoning.

“Food poisoning happens more often at large gatherings, because the average home kitchen is really not designed for cooking for large numbers of people.

“So remember these six key tips:

- Wash hands with soap and dry thoroughly before handling food;
- Keep kitchen and utensils clean;
- Separate raw and cooked foods;
- Cook food properly;
- Keep hot food steaming hot; and
- Keep cold food refrigerated.

“Work surfaces stoves and fridges cater well for family cooking, but not for preparing large amounts of food.

“Because of the risks inherent in catering for a large group, you need to be even more careful than usual about preparing the food to prevent any bacteria being introduced by cross contamination.

“Cook poultry, minced meats, sausages and other pre-prepared meats until well done, right through to the centre. No pink should be left visible. Steaks and other solid pieces of meat can be cooked to taste.

“Finally, don’t prepare food if you’re feeling unwell or have gastroenteritis,” Dr Kelly said.

For more information visit:

<http://www.health.act.gov.au/publications/fact-sheets/food-cooking-for-a-party>

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