



Safe food for Ramadan gatherings

Buy food that is safe

- ✓ Buy fresh and wholesome produce.
- ✓ Buy refrigerated foods, like dairy products, that are cold to the touch. Frozen food should be rock solid.
- ✓ Check expiry and use-by dates.
- ✓ Put raw foods, like chicken, meat, eggs and fish, in bags and keep separate from other foods in the shopping cart.
- ✓ **Don't** buy canned food that is dented and bulging.
- ✓ **Don't** buy food that has ripped or torn packaging.
- ✓ **Don't** buy cracked or broken eggs.

