



Safe food for Ramadan gatherings



Serve safe food

- ✓ **Don't** serve raw milk or milk products – use only pasteurized dairy products.
- ✓ **Don't** serve raw or undercooked meat, chicken, seafood or eggs.
- ✓ Use a thermometer to check that food has reached a safe internal temperature. Or cook meat until the juices run clear and the inside is no longer pink.
- ✓ **Don't** leave cooked food at room temperature for more than 2 hours. Keep food covered and hot – at more than 60 °C – until served.
- ✓ When reheating liquid foods, like soups and stews, bring them to the boil for at least one minute.
- ✓ If reheating foods in a microwave, use a microwave-safe container.
- ✓ Store hot or cold food for delivery in insulated containers and deliver it within 2 hours of preparation.

