

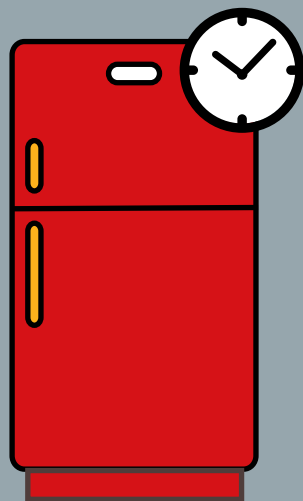
## AT THE SUPERMARKET



Purchase your chicken last to keep it cold for longer.



Separate your poultry from the other items in your trolley to avoid contamination.



Refrigerate or freeze poultry within an hour of purchase.

**TIP**

Always check the colour, smell and sell-by date of poultry in-store, and ensure the packaging has no tears.

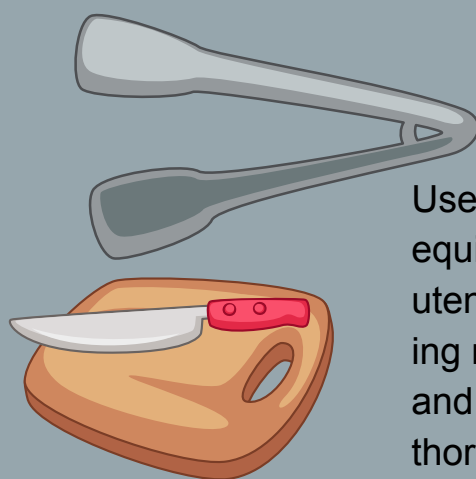
# The ABCs OF COOKING WITH CHICKEN

## Always Be Careful!

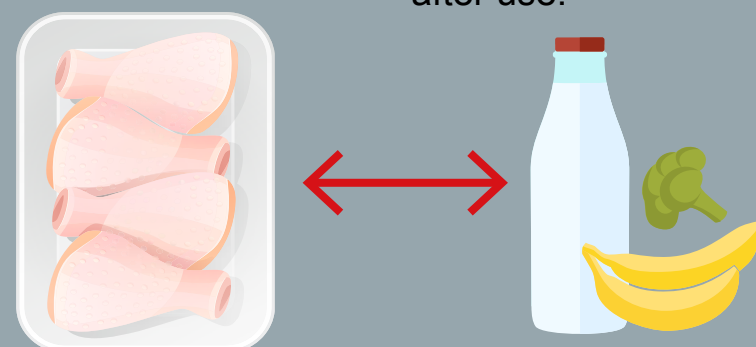
## AT HOME



Wash your hands thoroughly with warm water and soap before, during and after preparing chicken.



Use different equipment and utensils for preparing raw chicken, and wash them thoroughly with warm, soapy water after use.



Keep raw poultry separate from all other foods, cooked or uncooked.

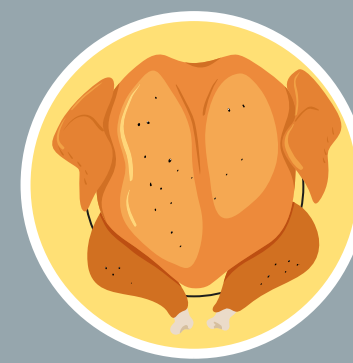


Wipe down surfaces and counters thoroughly with warm, soapy water after preparing poultry.

**TIP**

Store poultry in containers to avoid contaminating other foods.

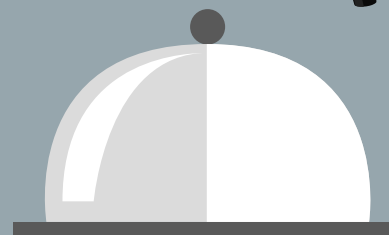
## WHEN COOKING AND EATING



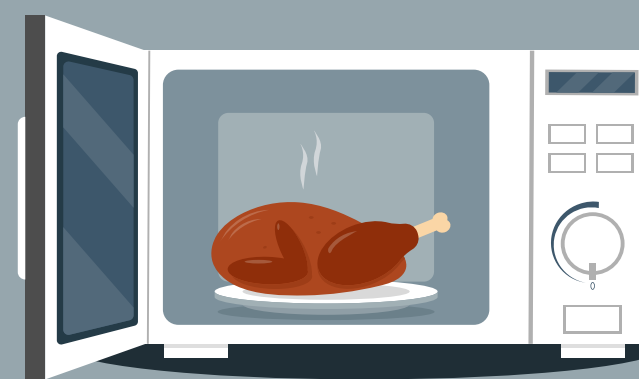
Always cook chicken thoroughly. When done, its juices should run clear, not pink, when the meat is sliced.



Use a meat thermometer to ensure chicken dishes reach 70°C during cooking.



Keep poultry piping hot until you serve it.



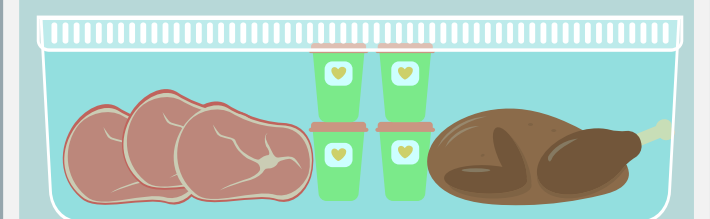
Reheat leftover chicken thoroughly.

**TIP**

To avoid contamination, keep a set of utensils and chopping boards especially for preparing raw meat.

## WHEN STORING IT

Refrigerate or freeze raw chicken immediately after purchasing it, and at least within an hour.



Refrigerate chicken within 2 hours of cooking it.



Always try to defrost frozen chicken in a covered container in the fridge.



To store thawed chicken that you only want to cook the next day, put it on a plate, cover it tightly and place it on the bottom shelf of the fridge to avoid it dripping into other food.

**TIP**

Never re-freeze chicken after defrosting it.