

COVID-19 Food Safety



Fact Sheet

If you are helping your neighbour get food essentials and medicines, please think about food safety and how you can safely ensure the person you are visiting doesn't have any problems from food poisoning.

DO

- Always wash your hands before touching any products
- Ensure you know of any allergies before purchasing any products for others
- Always check your products are safe to eat. Check our glossary on how to know the terms and what to watch out for
- Separate raw and cooked foods in bags when transporting them
- Buy pre-packaged food wherever possible to prevent any further contamination
- Put chilled and frozen foods in the fridge or freezer within 30 minutes of buying. If this is not possible, or on hot days, consider using a freezer bag or cooler.
- Store food in guidance with packaging
- Store raw foods below cooked foods
- The coldest part of your fridge should be below 5 degrees
- Your freezer should be -18 degrees or below
- Defrost food in a refrigerator preferably, never at room temperature
- Always store foods in a suitable container
- Freeze food to extend its use by date





DON'T

- Handle products if you are feeling unwell, particularly if you have symptoms of the coronavirus; have been sick or have diarrhoea; have infected sores or cuts; have skin irritations or infections; have lice or a scalp irritation or think you have a disease that can be passed on through food
- Leave cooked foods out. Put them in a fridge or a cold room at the earliest opportunity
- Cook or prepare food for anyone else unless you have a full food hygiene certificate
- Overfill your fridge
- Refreeze thawed foods

Glossary

Use By	This is about safety. Foods labelled with 'Use By' dates need to be eaten by the end of that date
Best Before	This is about quality. Foods labelled with 'Best Before' dates can be eaten after that date but may not be at their best.
Display Until/Sell By	These are for retailers only and are designed to help workers do their jobs so can be safely ignored.

Resources

<https://www.nhs.uk/live-well/eat-well/how-to-store-food-and-leftovers/>

<https://www.food.gov.uk/safety-hygiene/best-before-and-use-by-dates>

<https://www.youtube.com/user/FoodStandardsAgency>

