

The two-minute close-down

The inspector has gone home. The bacteria haven't.

- ☐
Food put away

Divide big batches into shallow portions. Cool and refrigerate perishable leftovers within two hours; rice ideally within one hour. Don't leave the whole pot out overnight.
- ☐
Leftovers labelled

Write the food name and cooked/opened date and time. Plan to eat general leftovers within 48 hours or freeze promptly; cooked rice within 24 hours.
- ☐
Fridge checked

Use a thermometer: 0–5°C for the fridge. Homemade garlic-in-oil needs 4°C or below and a maximum of four days, or freeze it.
- ☐
Raw food contained

Keep raw meat and fish covered in leakproof containers on the bottom shelf, below ready-to-eat food.
- ☐
Boards, knives and handles cleaned

Clean equipment after raw-food preparation and sanitise or disinfect appropriately. Include taps, handles and any touched surfaces.
- ☐
Cloths dealt with; hands washed

Replace or appropriately launder used cloths. Don't carry raw-meat contamination to other surfaces. Wash hands with soap and water.
- ☐
Chemicals put away

Store away from food, in labelled original containers. Follow food-contact suitability, dilution, contact time and rinsing instructions. Never mix cleaning products.
- ☐
Tomorrow sorted

Use or freeze food in time. Reheat leftovers only once until steaming hot throughout. If storage history is uncertain, a sniff or taste is not a safety check.

Date: _____

Fridge reading: _____ °C