

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

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Home-kitchen guidance · Checked 21 October 2026

UK FSA baseline; garlic-in-oil advice from US NCHFP. Follow product labels and shorter food-specific limits. Correct storage matters; a date alone cannot establish safety.

Sources: FSA: rice · FSA: leftovers · FSA: chilling · NCHFP: garlic oil

Full guide & sources: getsavor.recipes/blog/food-safety-lessons-from-a-chef/