STEP UP TO THE PLATE
Join the 2015 Chicken Challenge

Campylobacter is the most common cause of food poisoning in the UK. About four in five cases of campylobacter food poisoning in the UK comes from contaminated poultry. Support the Food Standards Agency Campaign to cut campylobacter food poisoning in half by the end of this year. By promising to follow the four safety tips:

CHILLING
- Store raw meat at 5°C or below, covered and at the bottom of the fridge

AVOID CROSS CONTAMINATION
- Don’t wash raw chicken – this spreads the bacteria
- Prepare raw foods in a specific area, away from surfaces where cooked and ready to eat foods are prepared.
- Use designated chopping boards and utensils

CLEANING
- Wash hands thoroughly with antibacterial soap and warm water before and after handling raw food
- Thoroughly clean and sanitise all utensils, chopping boards and surfaces following food preparation.

COOKING
- Cook chicken thoroughly – core temperature at or above 75°C for 30 seconds

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