

# Food Safety Guide

Food	Fridge life when uncooked *	Cooking temperature **	How to cook safely
<b>Poultry (chicken, turkey, duck)</b> 	3 days	75°C	Cook right through to the centre
<b>Red meat steaks (beef, veal, lamb)</b> 	3 to 5 days	63°C rare 71°C medium 77°C well done	Steak need only be seared on the outside and can be rare inside.
<b>Mince, sausages &amp; other processed meats</b> 	3 days	75°C	Cook right through to the centre.
<b>Fish</b> 	3 days	69°C	Cook until flesh is opaque (so you can't see through it) and separates easily with a fork.
<b>Pork</b> 	3 days	70°C	Can be cooked like red meat.
<b>Seafood</b> 	2 days	63°C	Cook until flesh is pearly and opaque or until shells open until cooking.
<b>Eggs</b> 	3-6 weeks	72°C	Cook until yolk and white are firm.

**i** If eating leftovers, reheat to 75°C in the centre.

\*Many of these products are labelled with a 'use-by' date. This can be used as a guide to the fridge life of the unopened product.

\*\*Use a food thermometer to measure cooking temperatures

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