







Food Safety Guide

Food	Expected fridge life (below 5°C)* when uncooked	Cooking temperature**	Cooking tips
<p>Poultry (chicken, turkey, duck)</p> 	3 days	74°C	Cook right through to the centre.
<p>Red meat steaks (beef, veal, lamb)</p> 	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.
<p>Mince, sausages and other processed meats</p> 	3 days	71°C	Cook right through to the centre.
<p>Fish</p> 	3 days	63°C	Cook until flesh is opaque (so you can't see through it) and separates easily with a fork.
<p>Seafood (shellfish)</p> 	2 days	63°C	Cook until flesh is pearly and opaque or until shells open during cooking.
<p>Eggs</p> 	3-6 weeks	64°C	Cook until yolk and white are firm.

* 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.