



LEFTOVER GUIDELINES FOR PARTICIPANTS

Here are some helpful guidelines on how to store, refrigerate, reheat and use the leftovers from your **NEST** workshop safely:

REFRIGERATION OF LEFTOVERS FROM YOUR NEST WORKSHOP


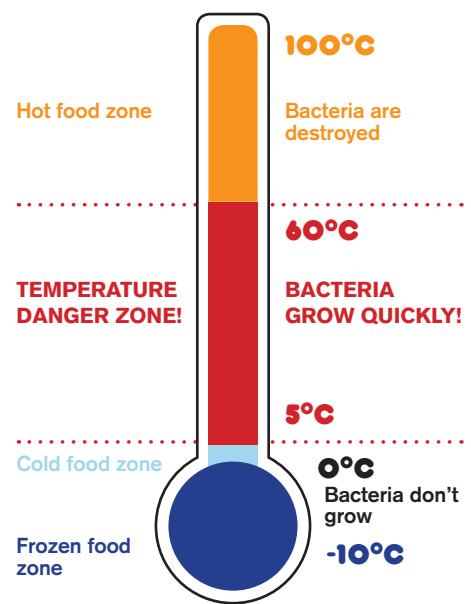
- The leftover food from your workshop **MUST** be stored below 5° within 2 hours. This is because bacteria that cause food borne illness can survive at temperatures between 5°C- 60°C. This is known as the temperature danger zone. If food is left in this danger zone for more than 4 hours bacteria can rapidly multiply and the food must be thrown out. Therefore food left in this danger zone must be eaten within the 4 hours.
- Frozen items **MUST** be stored at -18°C to stop growth of bacteria.

REHEATING OF LEFTOVERS FROM YOUR NEST WORKSHOP

- If you are going to reheat the leftover food, it **MUST** be done at above 60°C as heat kills bacteria. This can be done on high in a microwave or in the oven. To ensure food is evenly reheated it must be hot all the way through with no cold spots. Some good indications that your food has reached above 60°C include: steaming and boiling of the food, bubbling of liquids and it must be piping hot.

USE BY OF LEFTOVERS FROM YOUR NEST WORKSHOP

- OzHarvest uses the sticker on the right to indicate how food donated by OzHarvest must be used.
- The food received from OzHarvest must be used within 24 hours as after this time it may have developed bacteria and may no longer be fit for consumption, even if it still looks edible.
- The best way to keep food protected from contamination is in sealed containers where cross-contamination is decreased.



OZHARVEST
Nourishing Our Country
www.ozharvest.org
1800 108 006

THIS FOOD IS DONATED BY OZHARVEST

REFRIGERATE IMMEDIATELY AT OR BELOW 5°C
EAT OR THROW AWAY WITHIN 24 HOURS
DO NOT REHEAT MORE THAN ONCE

Date:

Type of food:

This food may contain allergens: fish, shellfish, dairy, eggs, peanuts, tree nuts, sesame, soy, gluten (wheat), etc

PLEASE CLEAN CONTAINER AND LID AND RETURN BOTH TO OZHARVEST

