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TOP TIP

Food Safety Tips

- 1. Wash hands and surfaces often.
- 2. Separate raw meats from other foods.
- 3. Make sure that food is properly cooked.
- 4. Keep food sealed to keep it fresh for longer.
- 5. Refrigerate food quickly.



ClingWra

GLAD

FOR FREE DIETARY ADVICE, contact the Pick n Pay dietitian at healthhotline@pnp.co.za

