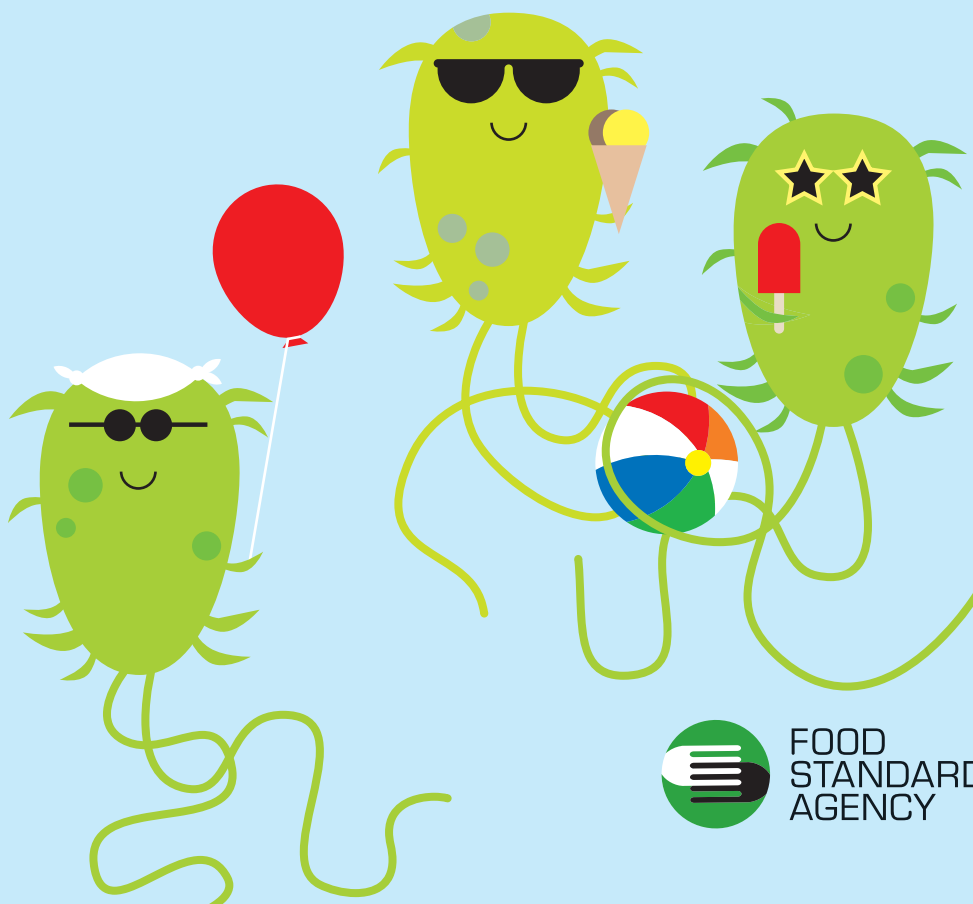


BUGS LIKE IT HOT!

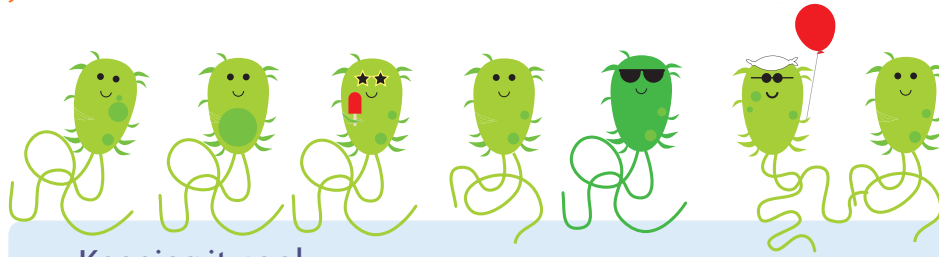
Sunbathers aren't the only ones who enjoy rising temperatures. Food-poisoning bugs also like it hot.



FOOD
STANDARDS
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Just **10** invisible bugs in your food can multiply to **1,000** in six hours, **100,000** in nine and a half hours and more than a **million** in 12 hours. And when it's very hot, bugs can multiply even faster.

So on summer days it's more important than ever to keep your food cool and safe!



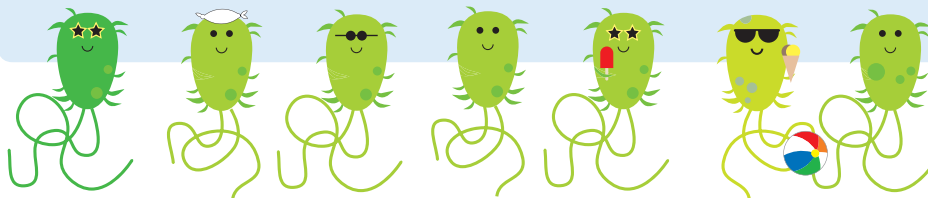
Keeping it cool

- Put food shopping in the fridge as soon as you get it home.
- Make sure the coldest part of your fridge is at 5°C or below.
- If you're having a buffet, leave food out of the fridge for the shortest time possible – no more than a couple of hours.
- If you're taking food for a picnic or day out, put it in a cool bag with some ice bricks or frozen juice cartons.
- Don't leave food in the sun.

Do you know which types of food need to be kept cool?

Food you have cooked or prepared, or food with a 'use by' date, such as:

- Salads
- Dips
- Milk, cream and yoghurt
- Desserts and cream cakes
- Sandwiches
- Ham and other cooked meats
- Cooked rice



Visit the Food Standards Agency's eatwell website at eatwell.gov.uk

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