



EATING OUT FOOD SAFETY FACT SHEET

63% of all food poisoning cases in Australia occur in restaurants, commercial caterers, retail takeaways and bakeries.

When living with cancer and eating out, think about food safety.

Look for:

- Clean looking and well-dressed staff.
- Staff washing hands correctly.
- No off odours anywhere.
- Clean dining room and restrooms.
- Clean tables, utensils, and sparkly glasses.
- Flooring should be well kept and the corners clean.

When ordering food, ask:

- Are there under cooked eggs, meat, poultry, or fish- avoid these.
- How these foods have been cooked.
- How do they measure food temperatures, with a probe thermometer?

Service:

- Look if staff have clean hands and fingernails- no thumb in food.
- Hot food served at 60°C and above.
- Cold food served at 4°C or less.

Avoid:

- Buffets and 'doggy bags' due to risk of food poisoning.
- Avoid garnishes.

What else:

- Be a vigilant customer.
- If unhappy, inform the manager.
- Next visit and nothing has changed, discuss with the local council environmental health officer.