

Living the healthy way : wrap up with foil / Tesco.

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Publication/Creation

[Cheshunt] : Tesco, 1993.

Persistent URL

<https://wellcomecollection.org/works/rus44xq7>

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Living the Healthy Way...



...wrap up with foil

In 1991 stringent health laws were brought in which were designed to ensure that the foodstuffs we purchase are perfectly safe for human consumption.

But it's what happens to food on the way home (after lying in the car boot on a warm day, for example!), how it is stored and, finally, how it is prepared that can end in disaster. When time is in limited supply, it can be quicker to resort to short cuts - but, all too often, with drastic results.

A healthy lifestyle begins at home so following the hygiene code in our own kitchens is of the utmost importance.

For more than 30 years, household aluminium foil has been our trusted 'friend' within the home - not surprising at all - because it's a strong, versatile and hygienic wrapping material which, if used for storing and freezing and in the preparation of food, will help combat harmful types of bacteria. This leaflet has been compiled by Tesco who offer a quality foil range encompassing five sizes of foil as well as Tesco Wrapping Foil in a 300 mm x 10 m size providing excellent value for money.

BATTLING AGAINST BACTERIA



Most bacteria require warmth for growth and reproduction (20°-45°C / 68°-113°F approximate room temperature) although some organisms will grow at lower temperatures. Examples of meat spoilage occurring in refrigerators are not uncommon. Generally, refrigeration at 1°-4°C / 34°-39°F does reduce bacteria growth and therefore the spoilage of foodstuffs. At freezer temperatures of -18°C / 0°F, bacteria will not be killed but growth and reproduction is stopped. Some species can form spores that are long lasting (up to 100 years). Most food infecting bacteria are destroyed at higher temperatures of 70°C / 158°F (cooking temperatures). They cannot grow without water but cooked meats still retain sufficient water to enable growth. The most susceptible foods are sliced meats, meat pies and pasties, stews, casseroles and gravies, milk and eggs, custards, trifles, soft cheese and cream, fish and shellfish and last but not least, meat for pets.

N. B: Remember... babies, senior citizens and anyone ill or pregnant needs special care when it comes to food safety.

STORING FOOD HYGIENICALLY

- ◆ Cover food loosely with Tesco foil whilst thawing.
- ◆ Wrap exposed foodstuffs in foil before storing in refrigerator.
- ◆ Wrap sandwiches, rolls and cakes in foil and store in refrigerator. According to research carried out at Bath College, taste and texture of sandwiches actually improve if wrapped in greaseproof paper then foil and stored in a refrigerator overnight!
- ◆ Store raw and cooked foods separately and cover with foil.
- ◆ Throw away any food which has passed its "use by" date.
- ◆ Store eggs in refrigerator.
- ◆ Cover all foods stored in refrigerator with foil to avoid cross contamination and transference of flavours. This will also help retain flavour and stop them drying out.
- ◆ The coldest part of the refrigerator which has a frozen food compartment is the top shelf. The coldest part of a larder refrigerator (without frozen food compartment) is just above the salad drawer. The refrigerator part of a fridge/freezer is like a larder refrigerator.
- ◆ Ensure your refrigerator maintains the correct temperature (1°-4°C/34°-39°F).
- ◆ Cool cooked foods quickly before storing in refrigerator. Never let foodstuffs cool in the refrigerator. This will cause temperatures to increase and may result in food spoilage.
- ◆ Remove raw meat from packaging, place in a suitable container and cover with foil. Store in coldest part of refrigerator.
- ◆ Transfer remaining contents from opened canned foods into a suitable container and cover with foil.
- ◆ Defrost and clean refrigerator regularly following manufacturer's instructions.
- ◆ Thaw frozen meat, fish and poultry slowly in refrigerator. Baked foods are fine thawed at room temperature.
- ◆ Do not freeze any food which has been stored for some time in an unfrozen state.
- ◆ Check freezer is running at correct temperature (-18°C / 0°F).
- ◆ Make sure all frozen food is correctly labelled and dated.
- ◆ Clean freezer regularly and defrost as recommended by the manufacturer.
- ◆ To prevent baked products from going soggy on thawing, wrap in Tesco foil.

The fight against bacteria begins in the shop. Begin following the hygiene codes whilst shopping by checking the "use by" dates on all perishable foods and ensure they are well within the dates and that you will be able to consume them in time. All eggs carry a packing date and some carry a "best before" date, too. Most foods carry storage instructions. Please adhere to this advice otherwise the "use by" date may become null and void.

One of the most dangerous operations within the domestic kitchen is reheating food. The temperature at the centre of all foods should reach 70°C for at least two minutes to kill the most harmful bacteria that will cause food poisoning. When reheating in the microwave, stir to ensure an overall temperature. Do not reheat more than once.

Naturally, your kitchen should be cleaned thoroughly on a regular basis and the following guidelines should be observed to reduce the risks of bacteria contamination and pave the way for a healthy lifestyle:

- ◆ Always wash hands thoroughly before touching or preparing any foods. Wash hands again after going to the lavatory, touching pets, dirty linen or the dustbin.
- ◆ Cover up any wounds with clean water-proof plasters. Use disposable gloves.
- ◆ Keep food covered with Tesco foil at all times.
- ◆ Never mix utensils for family meals and pet meat. Likewise, never use a knife on vegetables or bread which has just cut raw meat, poultry or fish. Thoroughly wash knives between each preparation step.
- ◆ Use different chopping boards for cutting raw meat, chopping vegetables and slicing bread. Or, alternatively, wrap board with new Tesco foil in between each preparation.
- ◆ Dishwashers are excellent for cleanliness. If you have one there should be no excuse for germ laden eating utensils.
- ◆ Change cloths and tea towels regularly.
- ◆ Use paper kitchen towels for drying hands.
- ◆ Keep worktops scrupulously clean, disinfected and dry.
- ◆ Clean up any spilt foods immediately.



SMOKEY FISH WRAPS

A healthy light lunch or supper full of the goodness of smoked haddock and fresh vegetables and hygienically prepared in foil parcels. Cut out small sheets of Tesco foil to use as parcels.

Ingredients:

- 1 lb (450 g) frozen smoked haddock portions
- black pepper
- 1 courgette (sliced)
- 1 small onion (chopped)
- 2 medium tomatoes, skinned, deseeded and chopped
- 1 yellow or red pepper, deseeded and cut into strips
- 1 tsp (5 ml) parsley or chives, chopped

Method:

Preheat oven to 200°C / 400°F, Gas Mark 6

1. Arrange fish portions on pre cut-out sheets of Tesco foil. Season with black pepper.
2. Mix remaining ingredients together, spoon over fish portions. Loosely fold foil to make individual parcels.
3. Bake in oven for 30 - 35 minutes until fish is cooked.
4. Serve with boiled rice.

SF



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