



Vert Housing
Specialist Supported Accommodation



Using the kitchen safely

**Safe use of your
kitchen**



About us & these booklets



This EasyRead booklet is part of a series of booklets about your housing.

We hope you find them useful.



We are Vert Housing, we have been providing specialist supported housing since 2021.

We are a not-for-profit company.

Company number 13218815



Your local office is Bakewell Court Office.

**It is open from 9.30am to 5pm,
Monday to Friday**

Please get in touch with us if you have any questions or need any more information.

Details about how to get in touch with us are at the back of this booklet.

Safe use of your kitchen



When handling food, always wash your hands first.



Your support staff will help you keep your fridge-freezer safe so that your food doesn't make you poorly.



Use colour coded chopping boards to prepare your different types of food.



Always label your food with the date it was opened and the date it needs to be used by.

Safe use of your kitchen

Meat Temperature Safety Guide

POULTRY	
White Meat	160°F, 71°C
Dark Meat	165°F, 75°C
Ground Poultry	165°F, 75°C
PORK	
White Meat	145°F, 63°C
Dark Meat	160°F, 71°C
Ground Pork	160°F, 71°C
BEEF	
Rare	120°F, 49°C
Medium-Rare	130°F, 55°C
Medium	140°F, 60°C
Medium-Well	150°F, 65°C
Well-Done	155°F, 70°C
Ground Beef	160°F, 71°C
LAMB	
Medium-Rare	125°F, 52°C
Medium	130°F, 55°C
Medium-Well	145°F, 63°C
Well-Done	150°F, 65°C
Ground Lamb	160°F, 71°C
SEAFOOD	
Fish with Fins	145°F (63°C)
Shrimp, Lobster, Crab, and Scallops	Cook until flesh is white and opaque
Clams, Oysters, Mussels	Cook until shells open

Make sure that meat is cooked at the correct temperature. Your support staff are there to help if you need it.



Be very careful when using knives to prepare food. Always hold them by the handles and never run whilst holding them.



Turn pan handles inward when cooking on the hob. This is safer for you.

Safe use of your kitchen



Always turn off appliances when you have finished using them.



When you have finished eating your food, always clean up after yourself.



Have fun whilst you are cooking in the kitchen!

How to get in touch with us



You can call our offices at any time of the day or night. If no one is there leave a message and we will get back to you.



**Our number is:
0330 133 3072**



**Our email:
info@verthousing.co.uk**