



- CHOOSING & PREPARING CHICKEN -

Choosing Chicken

To be assured of great British freshness, quality and taste:

- **Pre-packaged chicken** – Look for the Red Tractor and Union Jack on packs and you'll know that you're getting fresh local birds that are fully traceable back to independently-inspected British farms.
- Check the use-by date to make sure it is absolutely fresh
- **At the butcher's** – Ask your butcher if it is British chicken
- Choose a whole bird with plump breasts

Preparing Chicken

- Always wash your hands before and after preparing raw or cooked chicken
- Ensure that kitchen surfaces and utensils are cleaned with a hot soapy cloth and appropriate cleaner
- Use different utensils and chopping boards to prepare raw and cooked chicken

For more information, visit www.greatbritishchicken.co.uk