

FIVE KEYS TO FOOD SAFETY



KEEP CLEAN

1. Wash your hands before handling food and often during food preparation.
2. Wash your hands after going to the toilet.
3. Wash and sanitize all surfaces and equipment used for food preparation.
4. Protect kitchen areas and food from insects, pests and other animals.



SEPARATE RAW AND COOKED FOOD

1. Separate raw meat, poultry and seafood from other foods.
2. Use separate equipment and utensils such as knives and cutting boards for handling raw foods.
3. Store food in containers to avoid contact between raw and prepared foods.



COOK THOROUGHLY

1. Cook food thoroughly, especially meat, poultry, eggs and seafood.
2. Bring foods like soups and stews to boiling to make sure that they have reached 70°C. For meat and poultry, make sure that juices are clear, not pink. Ideally, use a thermometer.
3. Reheat cooked food thoroughly.



KEEP FOOD AT SAFE TEMPERATURES

1. Do not leave cooked food at room temperature for more than 2 hours.
2. Refrigerate promptly all cooked and perishable food (preferably below 4°C).
3. Keep cooked food piping hot (more than 60°C), prior to serving.
4. Do not store food too long, even in the refrigerator.
5. Do not thaw frozen food at room temperature.



USE SAFE WATER AND RAW MATERIALS

1. Use safe water or treat it to make it safe.
2. Select fresh and wholesome foods.
3. Choose foods processed for safety, such as pasteurized milk.
4. Wash fruits and vegetables, especially if eaten raw.
5. Do not use food beyond its expiry date.

PRODUCED BY