



FIVE KEYS TO SAFER FOOD



WASH YOUR HANDS

- Wash your hands before handling food and during food preparation
- Wash your hands after going to the toilet
- Wash and sanitise all surfaces and equipment used for food preparation
- Protect kitchen areas and food from insects, pests and animals



SEPARATE RAW AND COOKED FOOD

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



COOK THOROUGHLY

- Cook food thoroughly, especially meat, poultry, eggs and seafood
- Bring foods like soups and stews to boil. For meat and poultry, make sure that juices are clear



KEEP FOOD AT SAFE TEMPERATURES

- Do not leave cooked food at room temperature for more than 2 hours
- Refrigerate promptly all cooked and perishable food
- Keep cooked food hot prior to serving
- Do not store food too long, even in the refrigerator
- Do not thaw frozen food at room temperature



USE SAFE WATER AND RAW MATERIALS

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