

# 5 KEYS TO SAFER FOOD



**Wash** your hands before handling food and often during food preparation

**Wash** your hands after going to the toilet

**Clean** and sanitize all surfaces and equipment used for food preparation

**Protect** kitchen areas and food from insects, pests and other animals

Dangerous microorganisms are found in soil, animals, water and people.

These microorganisms are carried on hands, cloths, utensils and cutting boards.

Contact can transfer them to food.



**Separate** raw meat, poultry and seafood from other foods

**Use** separate equipment and utensils – knives and cutting boards for raw and cooked food

**Store** food in containers to ensure there is no contact between raw and cooked food

Raw food, especially seafood, poultry and meat – and their juices – can contain dangerous microorganisms which can be transferred to other food.



**Cook** all food thoroughly, especially poultry, seafood, eggs and meat

**Bring** foods like soup and stews to the boil to ensure they have reached 70°C. For meat and poultry, make sure the juices are clear, not pink. Ideally use a thermometer.

**Re-heat** cooked food thoroughly

Proper cooking can kill almost all dangerous microorganisms.

Cooking food to a temperature of 70°C can make it safer for consumption.



**Do not** leave cooked food at room temperature for more than 2 hours

**Refrigerate** immediately all cooked foods at temperatures below 5°C

**Keep** cooked food piping hot – more than 60°C

**Do not** thaw frozen food at room temperature

Microorganisms multiply rapidly at room temperature.

By keeping food very hot or very cold, the growth of microorganisms is slowed down or even stopped.



**Only** use safe water – or treat water to make it safe

**Select** fresh and wholesome foods and Do not use food beyond its expiry date

**Wash** fruit and vegetables, especially if they are eaten raw

**Choose** foods processed for safety, e.g. pasteurised milk

Raw Materials, including water and ice may be contaminated with dangerous microorganisms or chemicals.

Toxic chemicals may be formed in damaged or mouldy foods.

