

# FIVE KEYS TO SAFER FOOD



## Keep Clean

- ✓ Wash your hands under running water before handling food and often during food presentation.
- ✓ Wash your hands with running water 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 other animals.

### Why?

While most micro-organisms do not cause diseases, dangerous micro-organisms are widely found in soil, water, animals and people. These micro-organisms are carried on hands, wiping cloths and utensils, especially cutting boards, and the slightest contact can transfer them to food and cause foodborne diseases.



## Separate raw and cooked

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

### Why?

Raw foods, especially meat, poultry and seafood, and their juices, can contain dangerous micro-organisms which may be transferred onto other foods during food preparation and storage.

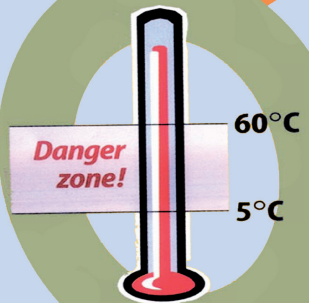


## Cook thoroughly

- ✓ Cook food thoroughly, especially meat, poultry, eggs and seafood.
- ✓ Bring foods like soup and stews to boil 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.
- ✓ Reheat cooked food thoroughly.

### Why?

Proper cooking kills almost all dangerous micro-organisms. Studies have shown that cooking food to a temperature of 70°C can help ensure it is safe for consumption. Foods that require special attention include minced meats, rolled roasts, large joints of meat and whole poultry.



## 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 (preferably below 5°C).
- ✓ Keep cooked food piping hot (more than 60°C) prior to serving.
- ✓ Do not store food for too long, even in the refrigerator.
- ✓ Do not thaw frozen food at room temperature.

### Why?

Micro-organisms can multiply very quickly if food is stored at room temperature. By holding food at temperatures below 5°C or above 60°C, the growth of micro-organisms is slowed down or stopped. Some dangerous micro-organisms still grow below 5°C.



## 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 pasteurized milk.
- ✓ Wash fruits and vegetables, especially when eating them raw.
- ✓ Do not consume food beyond its expiry date.

### Why?

Raw materials, including water and ice, may be contaminated with dangerous micro-organisms and chemicals. Toxic chemicals may be formed in damaged and mouldy foods. Care in selection of raw materials and simple measures such as washing and peeling may reduce the risk.

## Let's work together in preventing Cholera!