

Tips for Safe food Handling

Ensure Cleanliness

1



- Wash hands with soap and clean water:
 - Before handling food
 - While handling raw food
 - After using the toilet
- Wash all utensils used to prepare food
- Wash and sanitize all surfaces used for food preparation
- Keep kitchen and food area free from flies, cockroaches, rats and other pests

Why ? • Germs (bacteria and virus) can be found on land, water, in animals as well as humans
• Germs can be spread through dirty hands and cross contamination through equipments such as wiping cloths and utensils

Separate Raw Food from Cooked Food

2



- Separate raw meat and seafood from cooked food
- Use separate knives and cutting boards for handling raw food and cooked food
- Store cooked food away from raw food

Why ? • Raw food, especially meat and seafood, contain germs that can infect other food stuff if it comes in contact during food preparation and storage

Cook Thoroughly

3

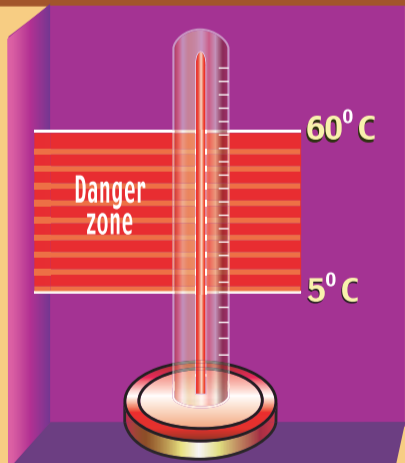


- Cook food thoroughly, especially poultry, eggs and seafood
- Bring foods like soups and stews to a boil
- Meat fat should be properly cleaned
- Ensure that minced meat, roasted meat and chunky meat pieces are fully cooked
- Reheat cooked food thoroughly

Why ? • Cooking food thoroughly can kill most of the germs

Keep Food at Safe Temperatures

4



- Do not leave food at room temperature for more than 2 hours
- Store all perishable food in the refrigerator (below 5°C)
- Hold cooked food at more than 60°C before serving
- Do not thaw frozen food at room temperature

Why ? • Germs can multiply very quickly at room temperature
• The growth and multiplication of germs can be delayed or stopped when food is stored at temperature below 5°C or above 60°C

Use Clean Water and Safe Raw Food

5



- Use safe and clean water
- Select fresh and wholesome food
- Choose food that has been safely processed
- Wash fruits or raw vegetables properly
- Do not consume expired food

Why ? • Raw food, including water and ice, may contain harmful germs
• Toxins (poisons) may appear in rotten or mouldy food
• Choosing fresh and uncontaminated raw fresh food helps to reduce the risk of infections
• Safe handling of raw food like washing and removing skin from food helps to reduce the risk of infections

