

5 Keys to Safer Food



Keep clean

- ✓ Wash your hands before handling food and often during food preparation
- ✓ Wash your hands after visiting the toilet
- ✓ Wash and sanitize all surfaces and equipment used for food preparation
- ✓ Protect kitchen areas and food from insects, pests and other animals

Why?

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 foods
- ✓ Store food in separate containers to avoid contact between raw and prepared foods

Why?

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

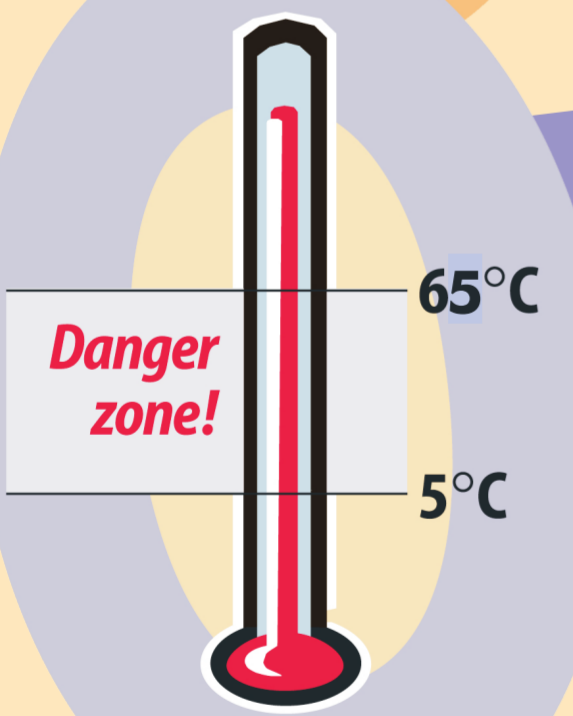


Cook thoroughly

- ✓ Cook food thoroughly, especially meat, poultry, eggs and seafood
- ✓ Bring foods like soups and stews to boiling to make sure that they have reached 70°C (ideally, use a thermometer)
- ✓ For meat and poultry, make sure that juices are clear, not pink
- ✓ Reheat cooked food thoroughly

Why?

Proper cooking kills almost all dangerous microorganisms. 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, prior to serving, piping hot (more than 65°C)
- ✓ Do not store food 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 keeping at temperatures below 5°C or above 65°C, the growth of micro-organisms is slowed down or stopped. Some dangerous microorganisms 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 if eaten raw)
- ✓ Do not use food beyond its expiry date

Why?

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

Knowledge = Prevention

A message from the Municipal Health Services