

5 ways to safer food

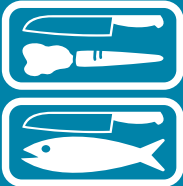
Keep clean



- Wash your hands **BEFORE** handling food and often **DURING** food preparation.
- Wash your hands **AFTER** going to the toilet.
- Wash and disinfect all surfaces and equipment used for food preparation.
- Protect galley areas and food from insects, pests and other animals.

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

Separate raw ingredients from cooked food



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

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

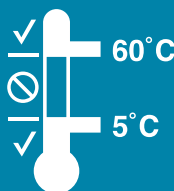
Cook thoroughly



- Cook food thoroughly, especially meat, poultry, eggs and seafood.
- Bring foods like soups and stews to boiling to make sure that they have reached 75°C (167°F). For pork and poultry, make sure that juices are clear, not pink. Ideally use a thermometer.
- Reheat cooked food thoroughly.

Proper cooking kills almost all dangerous microorganisms. Studies have shown that cooking food to a temperature of 75°C (167°F) can help ensure it is safe for consumption. Foods that require special attention include minced meats, forcemeat, eggs, seafood and poultry.

Safe temperatures



- Do not leave cooked food at room temperature for more than 2 hours.
- Refrigerate left-overs from the buffet from 65°C (149°F) to 10°C (50°F) on less than 3 hours.
- Refrigerate promptly all cooked and perishable food (max. 5°C, 41°F).
- Keep cooked food piping hot (more than 65°C (149°F) prior to serving.
- Do not store food too long even in the refrigerator.
- Do not thaw frozen food at room temperature.

Microorganisms can multiply very quickly if food is stored at room temperature. By holding at temperatures below 5°C (41°F) or above 65°C (149°F), the growth of microorganisms is slowed down or stopped. Some dangerous microorganisms still grow below 5°C (41°F).

Safe water and fresh 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.

Raw materials, including water and ice, may be contaminated with dangerous microorganisms 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.