

Five Keys to Food Safety



Keep clean

- ✓ Wash hands properly before handling food and often during food preparation.
- ✓ Wash hands properly after going to the toilet.
- ✓ Cover the wounds or cuts on hands or arms properly with waterproof plasters.
- ✓ Wash and clean all surfaces, utensils and equipment used for food preparation.
- ✓ Protect kitchen areas and food from insects and pests.



Separate raw food and ready-to-eat food

- ✓ Store ready-to-eat foods at upper compartments to prevent it from being contaminated by the drippings of raw food.
- ✓ Use separate knives and cutting boards for raw foods (like raw meat) and ready-to-eat foods (like sashimi).
- ✓ Cover or wrap food properly to prevent cross contamination.



Cook food thoroughly

- ✓ Cook food thoroughly, especially meat, poultry, eggs and seafood.
- ✓ Reheat leftover food to 75°C or above before consumption and discard all leftovers if there is still food remained.
- ✓ Consume cooked food within two hours.



Keep food at safe temperatures

- ✓ Do not leave cooked food at room temperature for more than two hours.
- ✓ Keep cold dishes and perishable foods such as meat, milk and egg products in refrigerator at below 4°C.
- ✓ Keep hot food in heating containers (above 60°C) prior to serving.
- ✓ Thaw frozen food under refrigeration.



Use safe water and raw materials

- ✓ Buy raw materials from reputable shops or licensed premises.
- ✓ Select fresh and wholesome foods.
- ✓ Use potable water to clean raw materials.
- ✓ Wash fruits and vegetables thoroughly, especially if eaten raw.
- ✓ Do not use food beyond its expiry date.

• The "Five Keys to Food Safety" is adopted from the World Health Organization (WHO).