

Are You Well-prepared to Get Back to Business?

Follow the “Five Keys to Food Safety”!



 食物環境衛生署
Food and Environmental Hygiene Department

 食物安全中心
Centre for Food Safety

Restaurants with poor hygiene jeopardise their reputation as well as their customers' health by becoming a breeding ground for food poisoning. To assist food business operators in effectively guaranteeing food safety and safeguarding the health of consumers, the Center for Food Safety promotes the “Five Keys to Food Safety” and “Good Hygienic Practices” (GHP) through the Safe Kitchen campaign.

cfs.gov.hk/safekitchen



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Learn “Five Keys” to Prevent Food Poisoning!



With the relaxation of anti-pandemic measures and restaurants resuming dine-in services, a large number of food handlers have also returned to the catering market. For this reason, the Center for Food Safety reminds the food businesses to pay more attention to food safety and implement the “Five Keys to Food Safety” to prevent food poisoning. Food businesses should offer food handlers the appropriate level of food hygiene training for the tasks they perform, whether they are full-time, part-time, or temporary employees.

Bacteria and viruses are the most common causes of food poisoning associated with restaurants and other food businesses in Hong Kong. Following the Five Keys can reduce the risk of both food poisoning and “superbugs”:

Five Keys	Advice(s)	Why important?
Choose	<ul style="list-style-type: none"> Purchase food and its ingredients from reliable and approved sources. Do not buy from questionable sources 	<ul style="list-style-type: none"> Ensure food is from safe sources
Clean	<ul style="list-style-type: none"> Wash fruits and vegetables before eating 	<ul style="list-style-type: none"> Washing can partially remove germs from food’s surface
	<ul style="list-style-type: none"> Clean hands and food preparation areas before handling foods 	<ul style="list-style-type: none"> Prevent contamination of cooked or ready-to-eat foods with germs
Separate	<ul style="list-style-type: none"> Store cooked or ready-to-eat foods and raw foods separately Handle cooked or ready-to-eat foods and raw foods with separate utensils 	<ul style="list-style-type: none"> Prevent cross-contamination of cooked or ready-to-eat foods with germs from raw food
Cook	<ul style="list-style-type: none"> Cook food thoroughly before serving (core temperature of food reaches 75°C or above) 	<ul style="list-style-type: none"> Cooking is effective to kill germs in food
Safe Temperature	<ul style="list-style-type: none"> Keep cold food cold at 4°C or below and hot food hot over 60°C if not consumed at once 	<ul style="list-style-type: none"> Safe temperatures can avoid bacterial growth in food

Also, food handlers should avoid preparing food if suffering from vomiting and diarrhoea.

Importance of refreshing knowledge

Good Hygiene Practices (GHPs) are an extension of the “Five Keys” to cover personal hygiene, environmental hygiene and food hygiene. Apart from preventing contaminants during food production and maintenance of well-equipped establishment, the following six aspects should also be addressed: personal hygiene, environmental hygiene, operation monitoring, product information, food delivery and on-going training. GHPs are fundamental to ensuring food safety in food premises. Implementing GHPs can enhance productivity and protect consumers’ health at the same time. For more information of GHPs, please visit cfs.gov.hk/safekitchen.

