

Are you practising the 5 Keys to Food Safety?

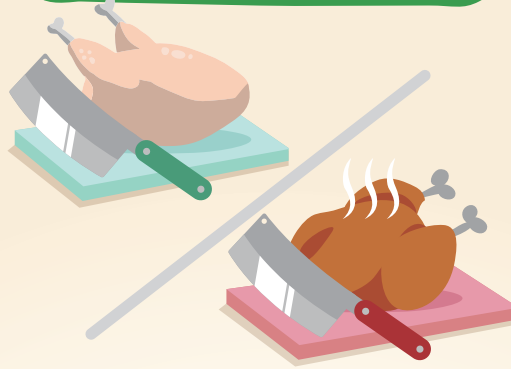


Cook food thoroughly

When using a **food thermometer**, make sure that the food's core temperature reaches at least 75°C. Clean the food thermometer after use.



Separate raw and cooked food



Use **different utensils** to handle raw and cooked or ready-to-eat foods **separately**.

Choose safe raw materials

Select **fresh and hygienic** food. **Read the food labels** during the purchase to choose foods that are low in salt and sugar.



Keep food at safe temperature

Store **cooked and perishable foods** in the refrigerator **within 2 hours**.

Chilled food should be kept at or below 4°C.

Frozen food should be kept at or below -18°C.

Hot food should be kept at above 60°C.

Do not overload the refrigerator



Keep hands and utensils clean

Use **liquid soap** to wash your hands for **20 seconds**:

You should wash your hands :

- Before having lunch
- After going to the toilet
- After coughing, sneezing or blowing your nose
- After handling things such as stationaries or cash.

Make sure cutlery are **cleaned and sanitised** before enjoying meals.



Raw or undercooked food may contain "**superbugs**", which are microorganisms that have developed antimicrobial resistance. **Cooking food thoroughly** can effectively kill "superbugs" and safeguard the health of students.



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