Safer Food

First, Say it Right!

Nepali (Nepal)

Thai (Thailand)

Burmese (Myanmar)

Kannada (India)

Five keys 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 sanitize all surfaces and equipment used for food preparation.
- Protect kitchen areas and food from insects, pests and other animals.

Why?

Separate raw and cooked

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

Why?

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. For meat and poultry, make sure that juices are clear not pink. Ideally, use a thermometer.
- Reheat cooked food thoroughly.

70°C

Why?

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 piping hot (more than 60°C) prior to serving.
- Do not store food too long even in the refrigerator.
- Do not thaw frozen food at room temperature.

Danger zone 60°C 5°C

Why?

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?

Food Safety
World Health Organization

Knowledge = Prevention

Bahasa (Indonesia)

Tetum (Timor-leste)

Sinhalese (Sri Lanka)

Telugu (India)

Hindi (India)

Malayalam (India)

Tamil (India)

World Health Organization

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