

From farm to plate, make food safe

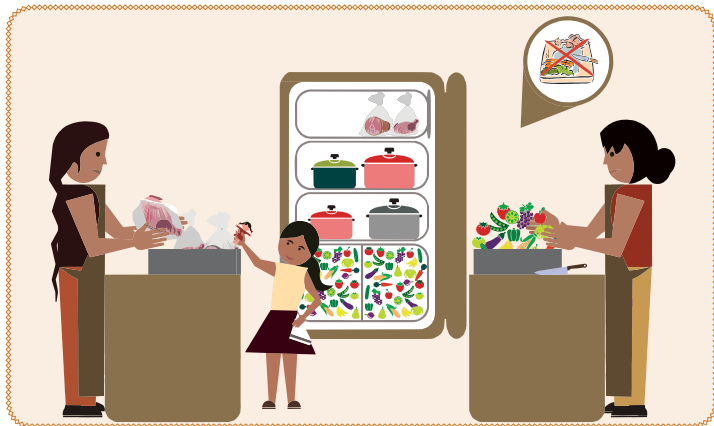
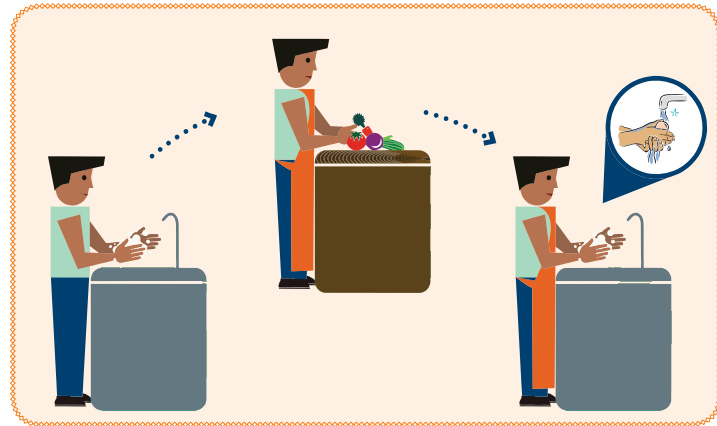


CHECK

- ✦ Check quality of food ingredients while purchasing
- ✦ Check use-by dates and labels of packed food

CLEAN

- ✦ Clean surfaces and wash hands
- ✦ Clean fruits and vegetables that are eaten raw



SEPARATE

- ✦ Separate raw and ready-to-eat food
- ✦ Separate raw meat, fish and raw vegetables

COOK

- ✦ Cook food thoroughly
- ✦ Cook/reheat leftovers thoroughly so that they are steaming



CHILL

- ✦ Refrigerate food promptly and properly
- ✦ Refrigerate cooked food within 2 hours of preparation

Safe food = Healthy lives