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