

# FIVE KEYS TO SAFER FOOD

## KEEP CLEAN

- Wash your hands before handling food and wash your hands often during the preparation of food.
- Wash your hands after going to the toilet.
- Wash and sanitise all surfaces and equipment used for the preparation of food.
- Protect kitchen areas and food from insects, pests and other animals.



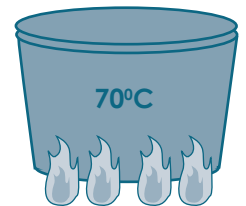
## SEPARATE RAW AND COOKED FOOD

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



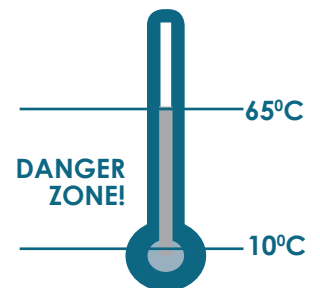
## COOK THOROUGHLY

- Cook food thoroughly especially meat, poultry, eggs and seafood.
- Bring foods like soups and stews to boiling point 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.



## KEEP FOOD AT SAFE TEMPERATURES

- Do not leave cooked food at room temperature for more than two hours.
- Refrigerate promptly all cooked and perishable food (preferably below 5 °C).
- Keep cooked food piping hot (above 60 °C) prior to serving.
- Do not store food too long even in the refrigerator.
- Do not thaw frozen food at room temperature.



## USE SAFE WATER AND RAW MATERIALS

- Use safe water or treat water to make it safe.
- Select fresh and wholesome foods.
- Choose foods processed for safety such as pasteurised milk.
- Wash fruits and vegetables especially if eaten raw.
- Do not use food after its expiry date.



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