

5

STEPS TO FOOD SAFETY

1

Keep it clean and hygienic



- Wash hands properly before handling food, as well as frequently during food preparation.
- Wash and clean all surfaces and equipment ready for food preparation.
- Keep insects and pests away from kitchen areas, food, worktops and equipment.

2

Keep foods separate



- Store raw meats, poultry and eggs separately from other types of food to avoid contamination.
- Make sure all food is wrapped and stored properly to prevent cross contamination.
- Prepare meat separately to ready-to-eat foods and ensure you use separate kitchen knives and cutting boards.

3

Cook food safely and thoroughly



- Ensure that food is cooked thoroughly, especially meat, poultry, seafood and eggs.
- If you are reheating food, reheat to 75°C or above and discard all leftovers after consumption.
- Make sure you consume cooked food within 2 hours.

4

Keep foods at the correct temperature



- Do not keep cooked food at room temperature for more than 2 hours.
- Foods such as meat, milk and egg products should be kept refrigerated at below 5°C.
- Keep hot food in containers above 60°C prior to serving.
- Ensure frozen food is defrosted under refrigeration.

5

Select fresh and wholesome foods



- Buy all raw materials from licensed premises or reputable shops.
- Make sure your chosen foods are fresh and wholesome.
- Wash fruits and vegetables thoroughly before cooking or consuming.
- Do not use food once it has passed the expiry date.

The '5 Steps to Food Safety' is adopted from the World Health Organisation (WHO).