FOOD SAFETY
AND HANDLING

- Food Safety Can Be Achieved Through Proper Handling Of Food While Purchasing, Receiving, Preparing, Cooking, Serving & Storing

TIPS TO ACHIEVE FOOD SAFETY:

- Keep Kitchen Premises Clean And Sanitized.
- Lighting & Ventilation & Insect Free
- Wash Utensils With Hot Water Before Cooking.
- Prefer Air Drying of Utensils, Avoid Wiping With Cloth.
- Use Separate Dusters For Utensils And Surfaces.
- Keep Separate Dustbins With Lids For Dry & Wet Waste.

RECEIVING FOOD

BUY

- Non Vegetarian Items From Clean & Authorized Shops in Separate Bag
- Check Date of Manufacture & Expiry Date of Packed Foods
- Clean & Sanitize The Receiving Table /Kitchen Slab
- Discard Outer Carton / Wipe Clean Ready To Eat Food Items

WASH

- Plastic Food Packets With Soap & Water
- Leafy Vegetables : immerse in Water & Then in Running Water
- Other Vegetables By Rubbing in Running Water
- Raw Non Vegetarian Food With Water

PREPARING FOOD & FOOD SAFETY

Marinate in Refrigerator

Use Potable Water

Preparing Food

Separate Chopping Board / Knives For Raw/Cooked

Thawing: Refrigerator/ Microwave/ Cold water

Separate Knives/Chopping Boards For Veg/Non Veg Items

Refreeze

COOKING &
HOLDING

COOKING:

- Ensure Thorough Cooking of Non Vegetarian Food Items
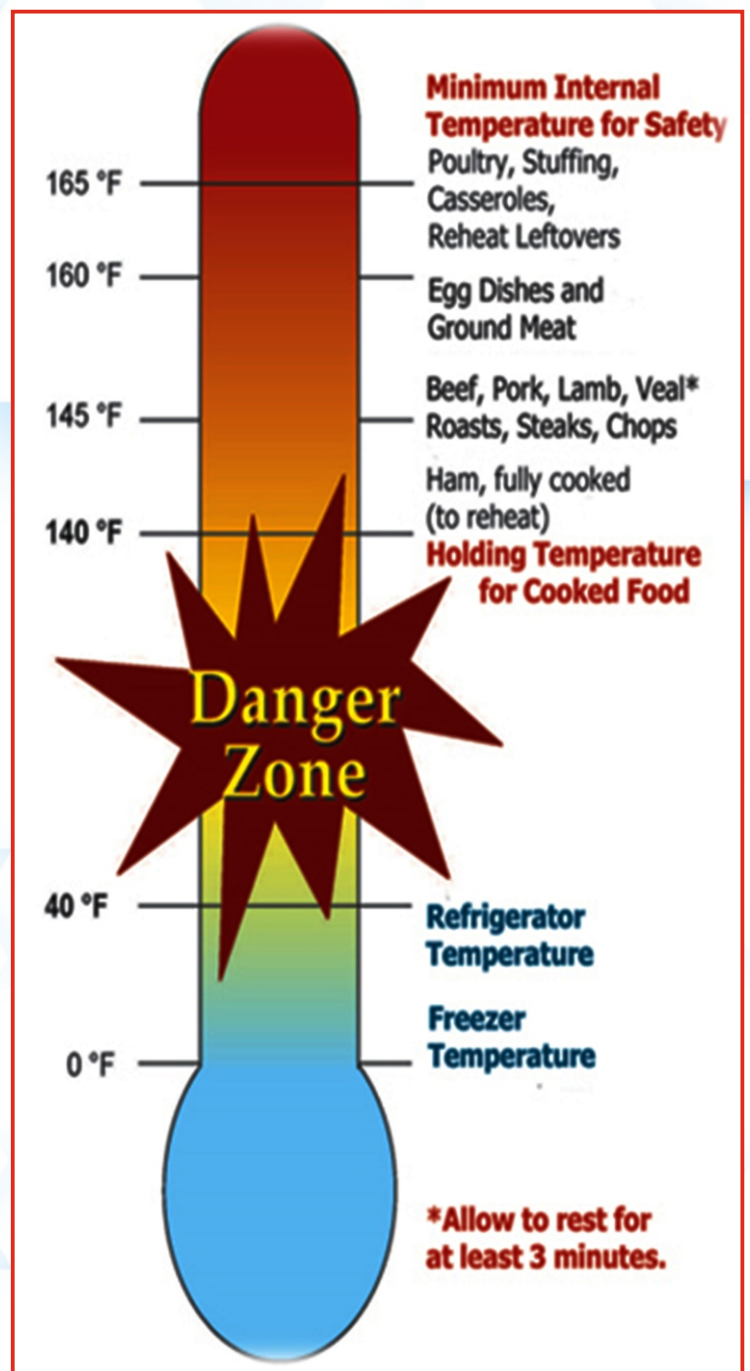 Keep Stirring Microwave Food To Ensure Even Cooking

HOLDING:

- Hot Food Above 60 $^\circ$c & Cold Food Below 5°c. Quickly Cool & Refrigerate/freeze The Left Over Food.

- Reheating Again And Again
- Keeping Uncovered
- Touching Food With Bare Hands

Thermometer

- 165 °F — **Minimum Internal Temperature for Safety** Poultry, Stuffing, Casseroles, Reheat Leftovers
- 160 °F — Egg Dishes and Ground Meat
- 145 °F — Beef, Pork, Lamb, Veal* Roasts, Steaks, Chops
- 140 °F — Ham, fully cooked (to reheat) **Holding Temperature for Cooked Food**

Danger Zone

- 40 °F — **Refrigerator Temperature**
- **Freezer Temperature**
- 0 °F —

*Allow to rest for at least 3 minutes.

SERVING & STORAGE

SERVING:

- Use Different Utensils For Raw & Cooked Food.
- Pick The Cutlery From Stem
- Serve Hot Food Hot & Cold Food Chilled.

STORE:

- Vegetables & Fruits Away From Non Veg Food/raw From Cooked
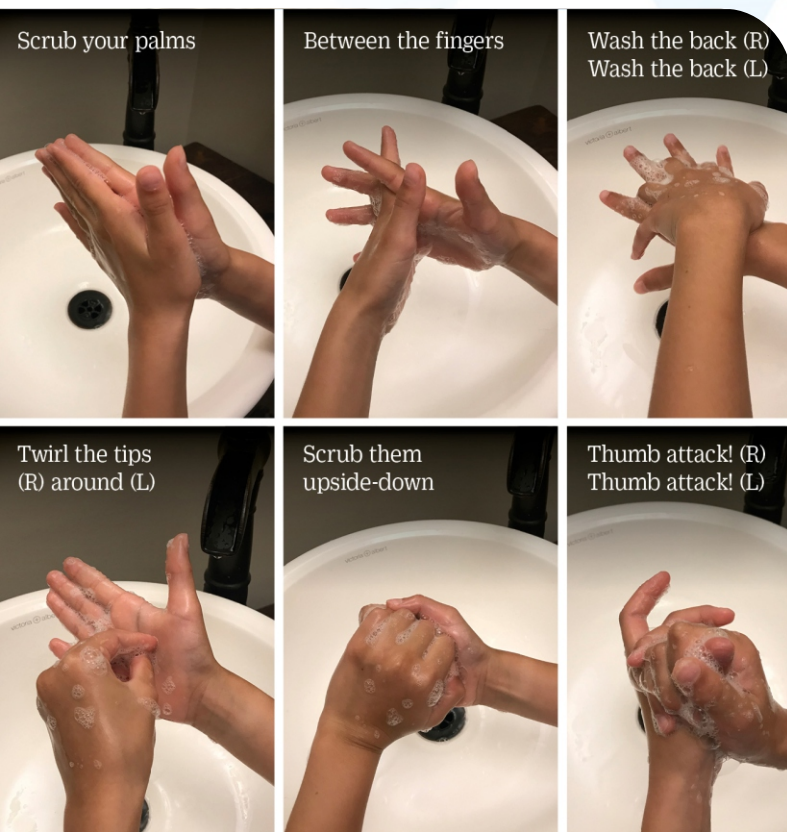- Maintain Ambient Temperature , Humidity, Cleanliness of Store

Frozen Products At -18 $^\circ$c

Cold Food Below 5 $^\circ$c

Storing Too Long in Refrigerator Over Loading Storage Area

Follow First in First Out (FIFO)
First Expired First Out (FEFO)

PERSONAL HYGIENE
FOR FOOD SAFETY

Scrub your palms

Between the fingers

Wash the back (R)
Wash the back (L)

Twirl the tips
(R) around (L)

Scrub them
upside-down

Thumb attack! (R)
Thumb attack! (L)

- **Wear Clean And Protective Clothes or Uniform And Gloves & Mask if Required.**
- **Keep Hair Tied Cover Your Head With A Cap .**
- **Cut Your Nails Regularly.**
- **Do Not Wear Jewelry While Cooking.**
- **Do Not Handle Food When Unwell.**
- **Wash Hands Before And After Handling Food, Using Toilet, Coughing or Sneezing**
- **Use Water Proof Bandage To Cover Cuts or Burns Wounds.**