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 °c & Cold Food Below 5 °c. Quickly Cool & Refrigerate/freeze The Left Over Food.

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
PERSONAL HYGIENE FOR FOOD SAFETY

- 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.