

# FIVE KEYS TO SAFER FOOD



## USE SAFE WATER AND RAW MATERIALS

- Use safer water or treat it to make it safe.
- Select fresh and wholesome foods.
- Wash fruits and vegetables, especially if eaten raw.
- Choose foods processed for safety, such as pasteurized milk.



## COOK THOROUGHLY

- Cook food thoroughly, especially meat, poultry, eggs and seafood.
- Bring foods like soups and stews to boiling to make sure that they have reached 70 °C (158 °F).
- Reheat cooked food thoroughly.



## KEEP CLEAN

- Wash your hands before handling food and often during food preparation.
- Wash your hands after going to the toilet.
- Wash and sanitize all surfaces and equipment used for food preparation.
- Protect food from insects and other animals.



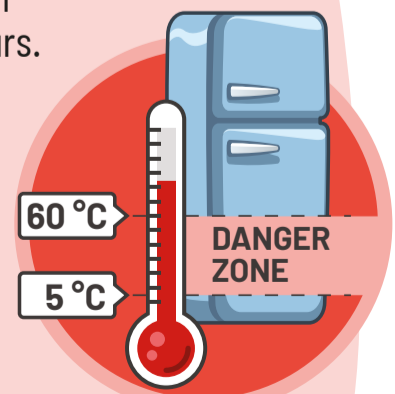
## SEPARATE RAW AND COOKED

- Use separate equipment and utensils such as knives and cutting boards to handling meat, poultry, seafood, and other raw foods.
- Store raw and prepared foods in separate containers.



## KEEP FOOD AT SAFE TEMPERATURES

- Do not leave cooked food at room temperature for more than 2 hours.
- Refrigerate promptly all cooked and perishable food (preferably below 5 °C [41 °F]).
- Keep cooked food very hot (more than 60 °C [140 °F]).
- Do not thaw frozen food at room temperature.



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