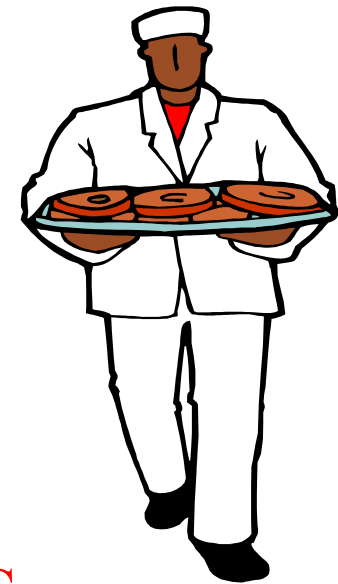


FIVE KEYS TO SAFER FOOD

- ✓ KEEP CLEAN
- ✓ SEPARATE RAW AND COOKED FOOD
- ✓ COOK THOROUGHLY
- ✓ KEEP FOOD AT SAFE TEMPERATURES
- ✓ USE SAFE WATER AND RAW MATERIALS



KEEP CLEAN



Keep Clean!

1. Cleanliness of the food handler



2. Cleanliness of the kitchen

Keep Clean!

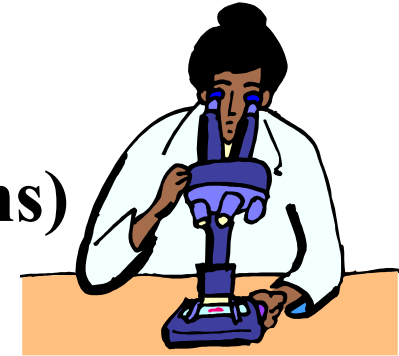


**Just because something
looks **clean**
doesn't mean that
there are no **germs!****

Keep Clean!

WHY? Germs (microorganisms)

are widely spread in the environment.

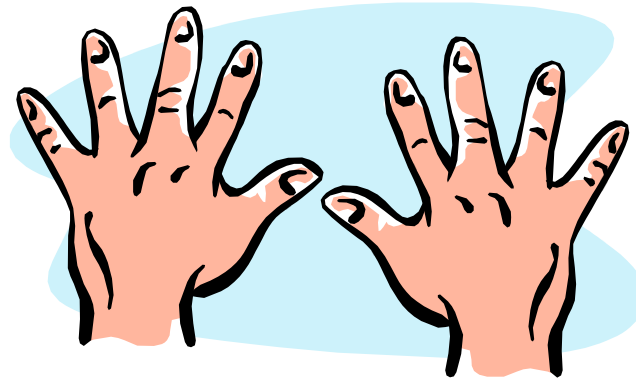


Most germs do not cause disease, but the ones that are dangerous are found in soil, water, animals and people.

These germs are carried on hands, wiping cloths, utensils, cutting boards, and through them these germs can be transferred to food and cause *Food borne diseases*.

1. Always wash hands

HANDS are the most common way to move germs from one place to another!



So, **hand washing** is one of the most important thing you can do to keep food safe!

Always wash hands

When should you wash your hands?

- ❖ Before handling food and often during food preparation.
- ❖ After going to the toilet.
- ❖ After handling raw meat or poultry.
- ❖ After changing a baby's diaper.
- ❖ After blowing your nose.
- ❖ After smoking.
- ❖ After handling rubbish.
- ❖ After handling chemicals.



How do you wash your hands?

1. Wet hands
under warm ,
running water.



2. Use soap,
and →



Rub hands together
with soap for at
least 20 seconds.

3. Rinse.

4. Dry hands.





How do you wash your hands?

- Wet hands under warm, running water.
- Rub hands together with soap for at least 20 seconds.

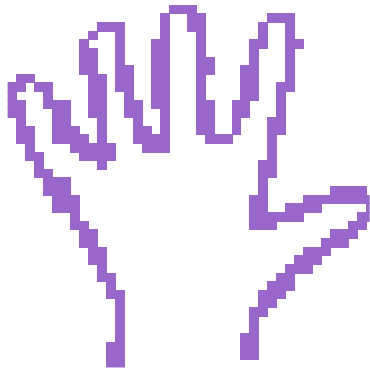
Hot water + soap

Helps removing grease, bacteria and dirt.

- Rinse hands under warm, running water.
- Dry hands thoroughly with **clean dry towel, preferably a paper towel.**



Always wash hands



**When washing your hands
pay attention to finger tips,
finger nails, thumbs, wrists and
in between your fingers.**



Washing hands + Personal Hygiene

*Public Health Regulations,
S.I. 107, 1983*

Part VI Food Premises, Regulation 26.

- Finger-nails kept short and clean.
- Kept hair covered.
- No person with infected wounds, sores or lesions shall handle drink, food, food utensils or equipment.
- No coughing, sneezing over unprotected food or equipment.
- Food handlers shall ensure that food products are not contaminated by sweat, hair, cosmetics and medicaments, rings or bracelets.
- Food handlers should not lick their fingers when handling food products or packaging material.





2. Keep the food preparation area clean!

- ☛ Wash and sanitize all surfaces and equipment used for food preparation.
 - Washing/cleaning is the removal of the dirt from a surface with a good wash-rinse process.
 - Sanitizing reduces harmful microorganisms to a safe level using germicidal treatments.



Cleaning and sanitizing

The Public Health Regulations

(Part VI Food Premises, Regulation 29- Cleaning of equipment)

indicate different germicidal treatments (sanitizing).

Some examples are:

-complete immersion in hot water at minimum 77 °C for 5 min.

-exposure to steam at minimum 77 °C for 15 min, or 93 °C for 5 min.

-use of chemical disinfectants (sanitizing solutions)!



Examples of Sanitizing Solutions

- For **hard, nonporous surfaces** (like counter tops)
1 tablespoon liquid bleach +1 gallon water (3.8l)
Allow to air dry, no rinsing .
- For **porous surfaces** (like wooden/plastic cutting boards)
3 tablespoons liquid bleach +1 gallon water
Rinse and wipe or air dry.
- For **floors, garbage containers**
 $\frac{3}{4}$ cup liquid bleach + gallon water
Mop or scrub the floor, keep it wet for 2 min, rinse
and dry.

Keep Clean!

- The most effective method to prevent food safety hazards in the food preparation area is to develop a **cleaning schedule**.
- A cleaning schedule organizes all cleaning and sanitizing jobs to ensure they are performed regularly.





● Steps to create a cleaning schedule:

- identify the overall cleaning needs: all equipment, floors, ceilings, shelves, etc
- Determine **what** , **how** and **when** each item needs to be cleaned. Indicate **who** is assigned for each cleaning task.
- Arrange the schedule logically, grouped by area within the facility and in the order that cleaning tasks should be performed.
- The cleaning schedule needs to be monitored and tested to verify its effectiveness .
- Always review and update the cleaning schedule when a menu, cooking procedure or equipment change occurs.





2. Keep the food preparation area clean!

- ☛ **Protect kitchen areas from pests, and other animals!**

What are pests?

Pests are rats, mice, birds, cockroaches, flies and other insects. They can carry germs into food preparation areas on their feet and fur.



- Garbage accumulated invites pests to the kitchen!



Drainage within kitchen

If not flushed frequently accumulates dirt which invites cockroaches, rats!



Food Store Room

Unclean floor invites pests!





How do you keep food safe from pests?

- Keep the food preparation area in good repair (repair wall cracks or holes and window screens).
- Keep food covered in sealed containers.
- Remove rubbish regularly.
- Use baits or insecticides to kill pests (but take care not to contaminate food!).
- Keep the kitchen and surrounding areas clean!

KEEP CLEAN



THANK YOU!