

5 FOOD SAFETY STEPS



BE CLEAN & HEALTHY

- Wash hands regularly & when required
- Don't work if you are ill
- Wear gloves when handling ready-to-eat foods



02

WASH, RINSE & SANITISE

Wash, Rinse and Sanitise all food surfaces & equipment properly



DON'T CROSS CONTAMINATE

- Keep raw meat, poultry, seafood and eggs away from ready-to-eat foods
- Use colour coded chopping boards and utensils



03



04

KEEP IT HOT & KEEP IT COLD

- Keep hot foods at 63°C or 145.5°F or above
- Keep cold foods at 5°C or 41°F or below



05

CHILL IT & COOK IT

- Cool food rapidly to 5°C or 41°F
- Cook foods to the recommended minimum internal temperature to destroy harmful bacteria



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