

# Safe Food Preparation

People can get sick from germs that aren't visible where food is prepared.

## HERE ARE FIVE WAYS TO PREVENT DISEASE:

### KEEP CLEAN

- Wash hands before, during and after preparing food.
- Always wash hands after using the toilet.
- Wash work surfaces and cooking equipment.
- Keep animals and insects away.



### SEPARATE RAW FROM COOKED

- Keep raw meat, fish, and poultry separate from other foods.
- Don't use the same knife or cutting surface for raw meats and other foods.



### COOK THOROUGHLY

- Cook food thoroughly, especially meat, poultry, eggs, and seafood.
- Let foods like soups and stews boil before eating.



### KEEP FOOD AT SAFE TEMPERATURES

- Keep cooked food hot until it is eaten (60° C/140° F).
- Don't keep cooked foods at room temperature for over 2 hours.



### USE SAFE WATER AND FOODS

- In cooking, use water that is safe to drink.
- Wash raw vegetables and unpeeled fruits before eating.



Adapted from the Food Safety Poster, World Health Organization (WHO/SDE/PHE/FOS/01.1)

<https://www.who.int/teams/nutrition-and-food-safety/multisectoral-actions-in-food-systems/five-keys-to-safer-food-poster>