FIVE KEYS TO SAFER FOOD

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.

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.

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.

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 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 piping hot (more than 60°C (140°F)).
- Do not thaw frozen food at room temperature.

PAHO
Pan American Health Organization
Pan American Center for Food and Nutrition Disease and Veterinary Public Health