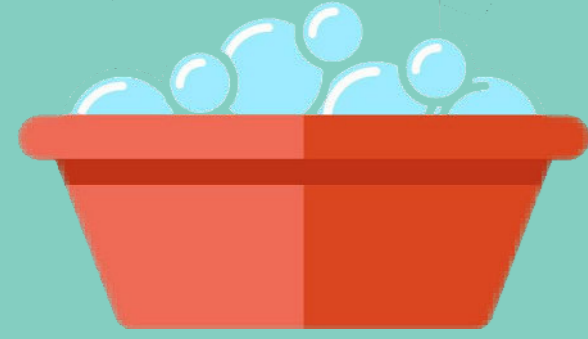# Food Hygiene Safety

Below are the top ten considerations for food hygiene safety

Wash Hands Frequently

Always wash your hands with soap and water before, during, and after food preparation to prevent the spread of bacteria.

Cook to Safe Temperatures

Use a food thermometer to ensure that foods are cooked to the correct internal temperature to kill harmful bacteria.

Store Food at Proper Temperatures

Keep hot foods hot (above 140°F/60°C) and cold foods cold (below 40°F/4°C) to prevent bacterial growth.

Practice Safe Defrosting

Thaw food in the refrigerator, cold water, or microwave, never at room temperature, to prevent bacteria from multiplying.

Store Leftovers Properly

Refrigerate leftovers within two hours, and consume them within 3-4 days. Reheat to at least 165°F (74°C) before eating.
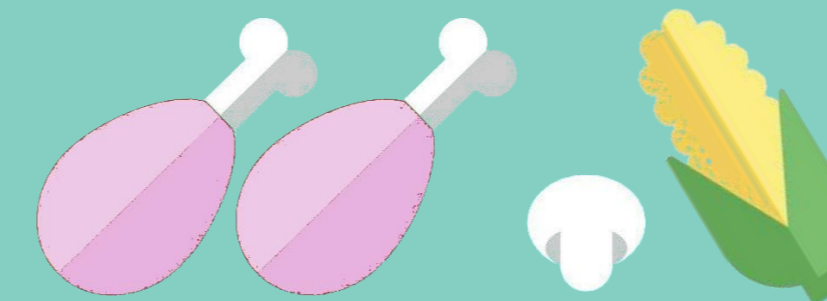
Separate Raw and Cooked Foods

Use separate cutting boards and utensils for raw meats and ready-to-eat foods to avoid cross-contamination.

Clean Surfaces Regularly

Disinfect kitchen surfaces, utensils, and cutting boards after each use, especially after handling raw meat.
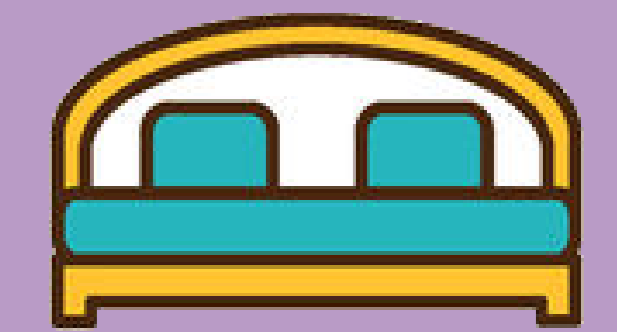
Avoid Cross-Contamination

Keep raw meat, poultry, and seafood away from other foods in your shopping cart, refrigerator, and while preparing.

Use Safe Water and Raw Materials

Ensure that the water you use for cooking and cleaning is safe, and purchase food from reputable sources.

Stay Home When Sick

If you are feeling unwell, avoid preparing food to prevent the spread of illness through food.

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