

5 KEY FOOD HYGIENE PRINCIPLES



Good Personal Hygiene

- Do not handle food when feeling unwell.
- Wash hands thoroughly with soap and water after using the toilet, before food preparation and after coughing and sneezing.
- Wear gloves or use utensils to handle cooked/ready-to-eat food.



Safe Ingredients

- Obtain food supplies from approved sources.
- Ensure ingredients used are wholesome and not expired.
- Store ingredients correctly at the appropriate temperature.



Safe Handling

- Store food in clean and covered food-grade containers.
- Store cooked/ready-to-eat food above raw food.
- Use separate chopping boards and utensils to handle raw and cooked/ready-to-eat food.



Correct Temperature

- Defrost food safely in a chiller.
- Cook food thoroughly.
- Keep hot food hot (above 60°C) and cold food cold (below 5°C).



Clean Premises

- Keep food preparation surfaces and equipment clean.
- Practise proper housekeeping and follow a cleaning schedule.
- Carry out effective pest prevention measures.
- Practise good refuse management.