



Follow five keys to ensure food safety



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精明選擇 Choose



Choose fresh and wholesome food

RE SABLE BAG



Do not buy damaged, swollen or rusty cans



Do not use food after its expiry date



你知道哪

已破損及發霉的 食物可能含有有毒化 學物或致病微生物

Do you know?

Toxic chemicals and dangerous microorganisms may be present in damaged and mouldy food

2

保持清

潔 Clean

20秒

Wash hands with warm soapy water for 20 seconds



Wash utensils and worktops with hot water and detergent

你知道等。

經常清潔雙手、 用具及工作枱可預防 微生物散播

Do you know?

Cleaning hands, utensils and worktops regularly can prevent the spread of microorganisms



生熟分開Separate



Prevent raw food and their juices from contaminating other food items



Use separate utensils to handle raw and cooked food

將生的食物 與熟食及即食食物 分開以預防交叉污染

Do you know?

Separate raw food from cooked and ready-to-eat food to avoid cross-contamination



Store food in containers and put raw food below cooked food



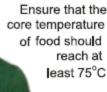
煮熟 食物 Cook



Cooked meat and its juices should not be red



Bring soups and stews to a boil and continue to boil for at least 1 minute







你知道等

徹底煮熟食物 可以殺死 絕大部分微生物

Do you know?

Thorough cooking can kill almost all microorganisms



安全 選 Safe temperature



Do not leave cooked food at room temperature for

more than two hours

Refrigerate promptly eftovers and perishable food at or bellow 4°C

安全温度 可阻止或減慢 細菌在食物中生長

Do you know?

Keep food at safe temperature can stop or slow down bacterial growth in food



Keep cooked food piping hot (above 60°C) prior to serving

