

# FOOD HYGIENE TIPS

## on Preparing Cooked/Ready-To-Eat Food



National  
Environment  
Agency

### 1 Practise Good Personal Hygiene

- Wash hands thoroughly with soap and water, especially before food preparation and after visiting the toilet.



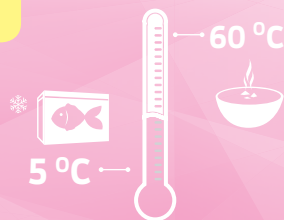
### 2 Handle Food Safely

- Wear clean gloves, and use separate chopping boards and implements to handle raw and cooked/ready-to-eat food.
- Store cooked/ready-to-eat food above raw food in the chiller or freezer.



### 3 Keep Food at Correct Temperature

- Keep hot food above 60 °C and cold food below 5 °C.
- Thaw food in a chiller with temperature between 0 °C and 4 °C.



### 4 Use Safe Ingredients

- Obtain food supplies from approved sources.



### 5 Keep Premises Clean

- Keep food preparation surfaces and equipment clean.

