FOOD SAFETY IS A JOINT RESPONSIBILITY

5 KEY TIPS ON FOOD SAFETY

1



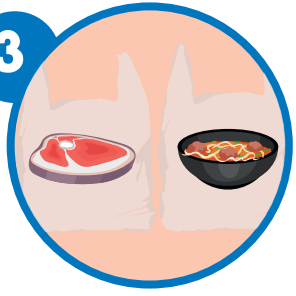
Select your food carefully

2



Wash and keep clean

3



Separate raw and cooked food

4



Cook your food well

5



Keep food at safe temperature

Visit www.sfa.gov.sg to to find out more on how you can play your part in keeping food safe.

The assurance of food safety requires the combined efforts of the government, the food industry and the consumer. This is how you can play your part!



Together Let's Keep Food Safe!

Singapore Food Agency

1 Select Your Food Carefully



- Select food that has not passed its expiry date.
- Do not choose canned food that are rusty, dented or bloated.
- Buy eggs that are clean. Avoid cracked eggs as bacteria can enter eggs through the cracks.

2 Wash and Keep Clean



- Wash your hands with soap and water before handling any food items or utensils.
- Wash and soak fruits and vegetables before eating.
- Clean all kitchen surfaces like countertops and cutting boards with detergent and hot water.

3 Separate Raw and Cooked Food



- Keep raw food in separate bags away from cooked and ready-to-eat food while shopping.
- Place raw food in tightly wrapped plastic bags or covered containers in the refrigerator to prevent raw food juices from dripping onto other food.

4 Cook Your Food Well



- Cook food thoroughly especially meat, poultry, eggs and seafood.
- Cook food at high temperatures above 75°c.
- Bring food like stews, soups and curries to boiling temperatures when cooking.

5 Keep Food At Safe Temperatures



- Do not leave cooked food at room temperature for more than 2 hours.
- Do not thaw food at room temperature. Thaw food safely in the refrigerator overnight or use the microwave oven.
- Bring cooler bags to store chilled and frozen food after shopping.