FOOD HYGIENE TIPS on Preparing Cooked/Ready-To-Eat Food

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.