

FOOD SAFETY IS A SHARED RESPONSIBILITY!

What is
food safety?

Food safety refers to the safeguarding or protection of food from contaminants that could harm consumers' health.

Why is food safety a
shared responsibility?

From the time it is produced to the time it is consumed, food can be contaminated through improper food handling and processing practices. Everyone along the food chain – producers, manufacturers, distributors and consumers – has a part to play in keeping food safe.



PARTIES INVOLVED IN THE FOOD SAFETY CHAIN!



The Government: AVA

The Agri-Food & Veterinary Authority of Singapore (AVA) is the national food safety authority. AVA regulates the safety of both fresh produce and processed food from production or point of import to just before they enter the retail (shopping) chain. AVA has put in place an integrated food safety system to ensure that food sold in Singapore is safe.



The Food Industry

The food industry refers to people who bring in (importers), make (manufacturers) and sell (distributors) food to consumers. The food industry maintains a high standard of food safety by complying with the regulations set by the AVA. Responsible food industry players also incorporate food safety assurance programmes and hygiene practices in their operations.



Consumers

At any point of time along the food safety chain, food can be contaminated, so it is important for consumers to learn more about food safety and equip themselves by recognising key risks.





Select Your Food Carefully



Food safety begins with shopping. Make sure to select your food carefully by looking out for the following pointers:



Buy your food from established and reliable retail outlets.

Always check the expiry date before buying food like milk and bread.



Check to make sure that cans are not dented, bloated, or rusted.

Check packaged food to make sure that it isn't torn, leaking or opened.



Select frozen food stored below the load line of the freezer or chiller.

Choose frozen food that is stored below the loadline!



KEYS TO SAFER FOOD

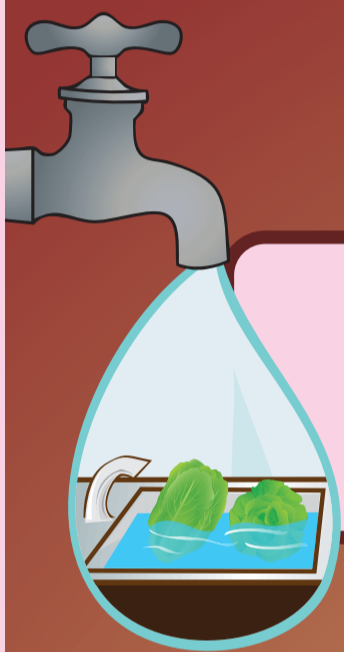


Wash & Keep Clean

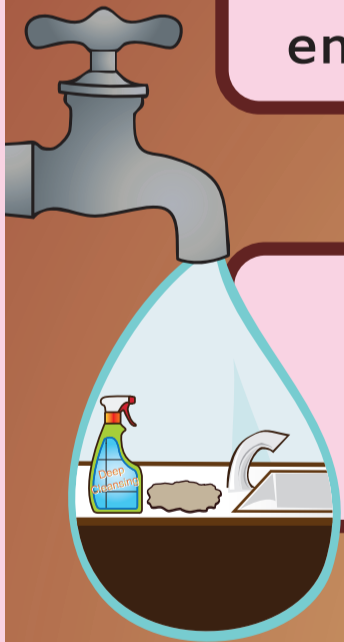


Micro-organisms are everywhere in our environment. It is important to wash and keep clean to prevent harmful micro-organisms (bacteria) from falling into our food.

KEYS TO SAFER FOOD



Wash your fruits before eating. Soak vegetables in clean water for 15 minutes before rinsing to get rid of excess dirt and pesticide residues.



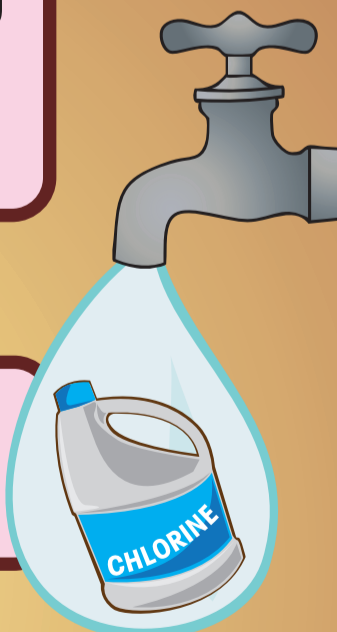
Clean raw meat and seafood before storing them, and ensure that they are stored in bite-sized portions.



Keep kitchen surfaces like countertops and cutting boards clean with detergent and hot water. Dry these surfaces with tea towels or dishcloths.



Disinfect tea towels or dishcloths regularly, once a week, with either chlorine or hot water.



Wash your hands before and after handling food, especially raw meat and seafood.



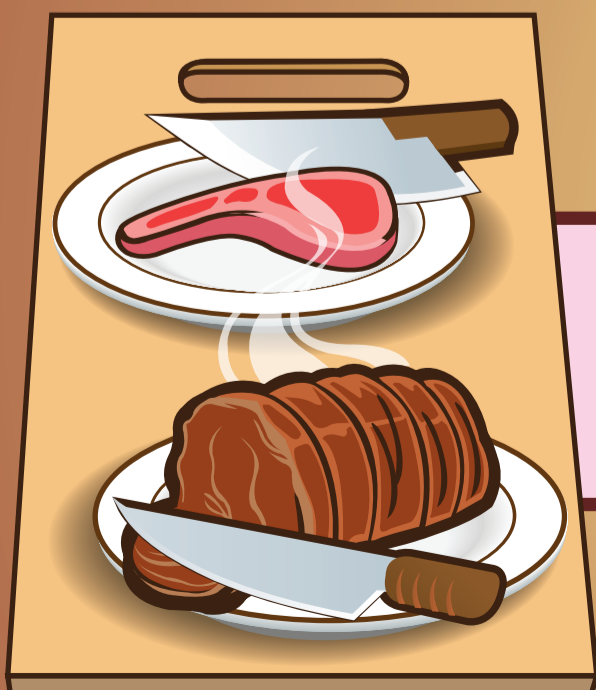
Separate Raw Food From Cooked Food

Raw food may contain bacteria that can cause food poisoning. When raw food is mixed with cooked food, juices from the raw food may contaminate the cooked food (cross-contamination). This is the most common cause of food poisoning. To prevent this:



Place your raw food and cooked food in separate compartments when shopping.

Place the raw food in a deep dish when you reach home. Cling-wrap it, and store it at the bottom of the refrigerator, so that juices do not drip onto any cooked food below.



Use different utensils or wash them between use when you need to prepare raw food and cooked food at the same time.

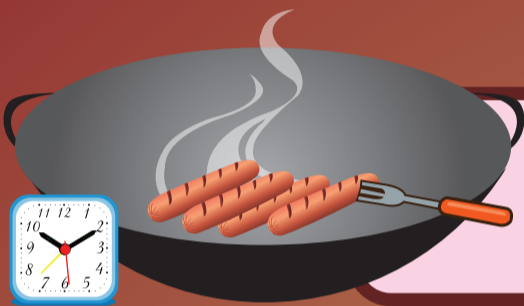


Cook Your Food Well



Cooking your food well helps to kill harmful bacteria in food. Here are a few useful tips to keep in mind to ensure that your food is thoroughly cooked:

KEYS TO SAFER FOOD



Start cooking early so that you do not rush through the cooking process.

Ensure the centre of meat and poultry are well-cooked.



Cook food at high temperatures (above 75°C).

Bring food like stews, soups and curries to boiling temperatures when cooking.



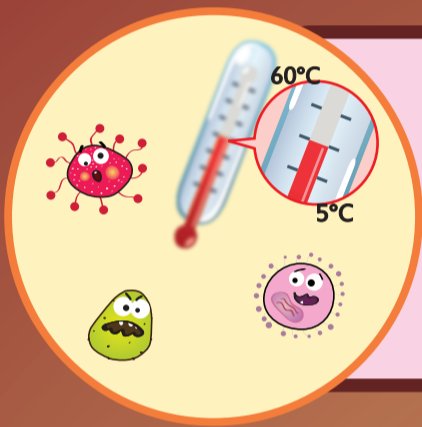
Take special note when cooking minced meat or meat patties as mince meat becomes more exposed to bacteria during the mincing process.



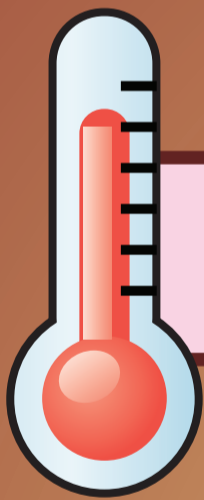
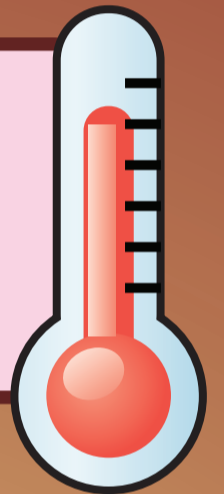
Keep Food at Safe Temperatures



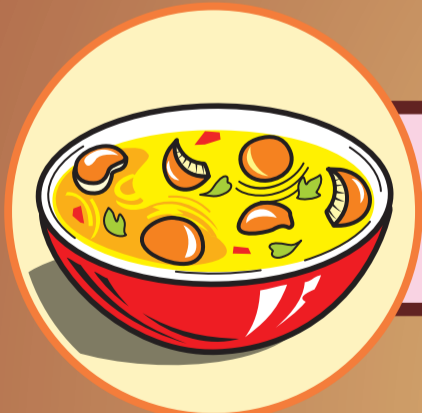
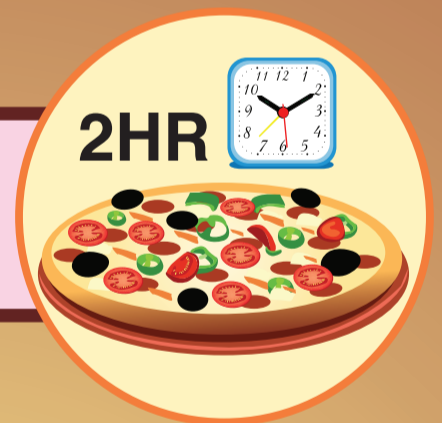
To reduce the risk of food poisoning, food should be properly heated or chilled. Piping hot food should be kept at a temperature above 60°C and cold foods should be stored in the fridge, at a temperature below 5°C, until it's time to eat. You should also take note of the following:



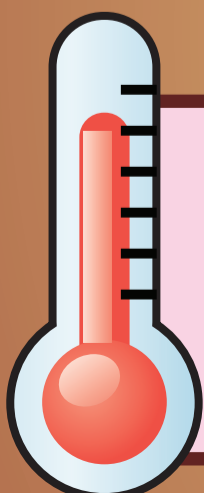
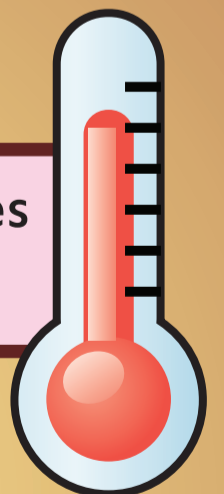
Bacteria grow best at temperatures between 5°C and 60°C. This is known as the temperature **danger zone**, and food stored at these temperatures is not safe.



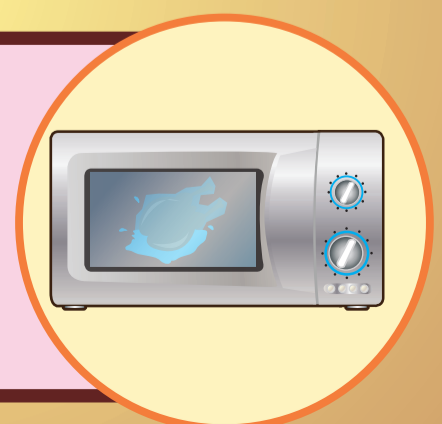
Do not leave cooked food standing at room temperature for more than 2 hours.



Reheat stored cooked food at temperatures above 75°C to kill bacteria.



Do not thaw food at room temperature. Food should be thawed safely in the refrigerator overnight or using the microwave.



KEYS TO SAFER FOOD