

# Four basic rules of safe food preparation



## 1 Cook

- Cook the food to the recommended internal temperature.
- Follow the required time for cooking different ingredients.
- Use a calibrated thermometer to ensure proper cooking.
- Serve food hot.



## 2 Clean

- Practice frequent and proper handwashing.
- Clean and sanitize food contact surfaces before and after use.
- Follow the manufacturer's instructions in using sanitizing solutions.
- Regularly dispose of food waste properly.



## 3 Store

- Keep hot foods hot 57°C or above and cold foods cold 5°C or below.
- Maintain at least 4°C during refrigeration and -18°C for freezing temperatures.
- Follow proper organization of food in the fridge.
- Clean storage area regularly.



## 4 Separate

- Use separate utensils for preparing raw and ready-to-eat foods.
- Sanitize food equipment in between use for raw and ready-to-eat foods.
- Store cleaning materials away from the food preparation area.
- Store raw and cooked foods in airtight containers to avoid cross-contamination.