

# FOOD SAFETY



## What is food safety? Is it different from food security?

**Food safety** means that food will not make you sick or harm you if you store, prepare and eat it correctly.

**Food security** means that everyone always has enough safe and nutritious food that they need that helps them to be active and healthy.

## How can I make sure my food is safe?

There are five things that you can do to make your food safe.

By applying the following 5 Keys to Safer Food



**health**

Department:  
Health  
REPUBLIC OF SOUTH AFRICA



## Key 1: Keep clean

- Keep your hands clean - wash them with clean water and soap -
  - before you handle and while you prepare food
  - before you eat
  - after you go to the toilet
  - after you handle raw meat and poultry
  - after you change a baby's nappy
  - after you blow your nose
  - after you handle rubbish
  - after you handle chemicals like insecticides and pesticides
  - after playing with pets.
- When you wash your hands -
  - wet your hands, preferably under running water
  - rub your hands together for at least 20 seconds with soap
  - rinse your hands well, preferably under running water
  - dry your hands thoroughly with a clean dry towel, preferably a paper towel or air dry.
- Keep your surfaces (table tops and cutting boards) and utensils clean
  - after each use
  - after preparing each food item and before you go on to the next food item
  - wash and dry the cleaning items like dish cloths
  - pay special attention to eating, drinking and cooking utensils that touch raw food or the mouth - wash and rinse these utensils with soap and water
  - scrape extra food into a rubbish bin
  - use hot water with detergent, using a clean cloth or brush to remove left-over food and grease/fat
  - rinse utensils in clean water
  - sanitize utensils and surfaces with boiling water or with a sanitizing solution like bleach
  - leave dishes and cooking utensils to dry, or wipe with a clean, dry cloth.
- Protect kitchen areas and food from insects, pests and other animals –
  - pests are rats, mice, birds, cockroaches, flies and other insects
  - pets (dogs, cats, birds) carry microorganisms and pests (fleas, ticks) on their feet, fur and feathers
  - keep food covered or in closed containers
  - keep rubbish bins covered and remove the rubbish regularly
  - keep food preparation areas in good condition (repair cracks or holes)
  - use baits or insecticides to kill pests (take care not to contaminate food)
  - keep domestic animals away from food preparation areas.





## Key 2: Separate raw and cooked food

- While shopping, keep raw meat, poultry and seafood separate from other food
- Store raw meat, seafood and poultry below cooked or ready-to-eat food in the refrigerator to avoid cross-contamination. Blood from the thawed meat, seafood and poultry may drip on the cooked or ready-to-eat food
- Store food in containers with lids to avoid contact between raw and prepared food
- Wash plates and chopping boards used for raw food. Use a clean plate or chopping board for cooked food.

## Key 3: Cook food thoroughly

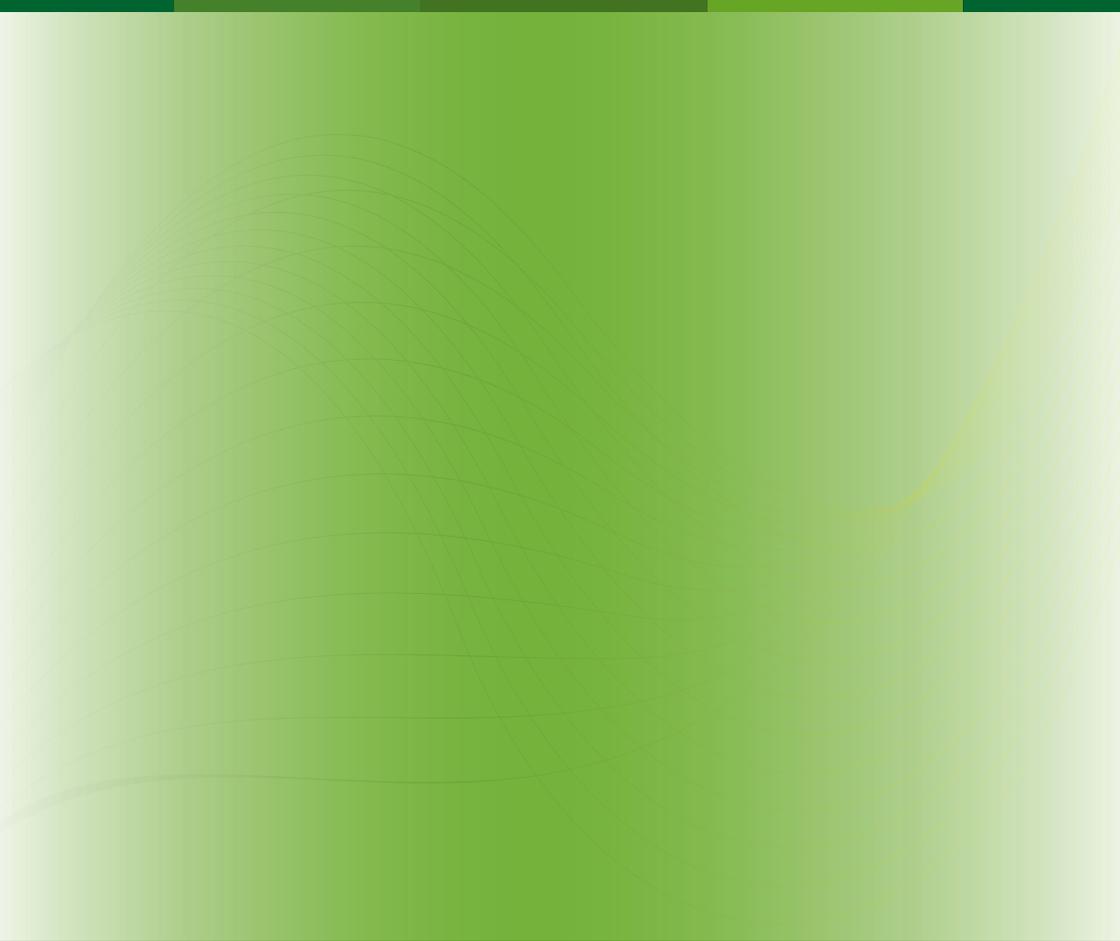
- Food must reach a temperature of 70 degree Celsius for it to be safe to eat. This temperature kills a higher concentration of microorganisms or germs within 30 seconds
- Cook poultry until the juices are clear and the inside is no longer pink
- Cook eggs and seafood until piping hot throughout
- Bring liquid based food such as soups and stews to a boil and continue to boil for at least one minute.

## Key 4: Keep food at safe temperatures

- Cool and store leftovers immediately after use
- Prepare food in small amounts to reduce the amount of leftovers
- Leftover food should not be stored in the refrigerator for longer than three days and should not be reheated more than once
- thaw frozen food, preferably in a refrigerator.

## Key 5: Use safe water and raw materials

- Safe water is treated water from the municipality and other sources such as rain or river water that is collected in clean tanks or containers. Use safe water to -
  - wash fruits and vegetables
  - add to food
  - make up drinks
  - make ice
  - clean cooking and eating utensils
  - wash hands.
- Select safe raw materials
  - select fresh and wholesome food
  - avoid food that is damaged or rotting
  - choose food that is processed for safety such as pasteurized or boiled milk or meat that is inspected and sold from a butchery which have a Certificate of Acceptability
  - wash fruits and vegetables with safe water, especially if eaten raw
  - when buying food check date markings and health warnings (Allergens) on labels of food or products. This will allow you to make an informed choice
  - do not use food from smashed, swollen / bulging or air blown cans



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