



# BAHFSA

THE BAHAMAS AGRICULTURAL HEALTH & FOOD SAFETY AUTHORITY

# 5 KEYS TO SAFER FOOD



## KEEP FOOD SAFE FROM FARM TO PLATE



## KEEP CLEAN



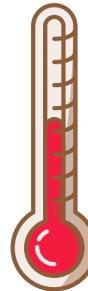
- Wash hands before handling and often during preparation of food.
- Wash your hands after going to the toilet.
- Wash and sanitize all surfaces and equipment used for food preparation.
- Protect your food, kitchen and all food areas from insects, pests and other animals.

## SEPARATE RAW AND COOKED FOODS



- Separate raw meat, poultry and seafood from other foods.
- Use separate equipment and utensils such as knives and cutting boards for handling raw foods.
- Store food in containers to avoid contact between raw and prepared food.

## KEEP FOODS AT SAFE TEMPERATURES



- Do not leave cooked food at room temperature for more than 2 hours.
- Keep hot foods hot (140 °F or above) and cold foods cold (40 °F and below) .
- Do not thaw foods at room temperature.
- Do not store foods too long even in the refrigerator.

## COOK THOROUGHLY



- Cook food thoroughly, especially meat, eggs, poultry and seafood.
- Bring foods like soups and stews to boiling; minimum 165 °F
- For meat and poultry, make sure juices run clear. Ideally use a thermometer.
- Reheat foods thoroughly; to internal temperature of 165 °F

## USE SAFE WATER AND RAW MATERIALS



- Use safe water or treat it to make it safe
- Select fresh and wholesome foods, and foods processed for safety e.g. pasteurized milk.
- Wash fruits and vegetables
- Do not use foods beyond their expiration dates



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