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alyasra
FOODS



WHAT'S!
UNDERNEATH
THOSE
GORGEOUS
NAILS?

Bacteria. Keep your hands clean by washing them for at
least **20** seconds.

CLEANit

Lurking on that seemingly clean kitchen, on the oranges you just bought, or on your bare hands, lies bacteria ready to pounce. Find out if you're cleaning it right by using the checklist below. Better yet, place it on your fridge as a reminder.

- Wash your hands for 20 seconds with soap and running water and dry them with disposable paper towels or a clean towel
- Wash your hands before and after handling any kind of food
- Wash surfaces and utensils after each use with soapy water or an antibacterial solution
- Wash fruits and vegetables in water even if you're going to peel them
- Throw away smelly dishcloths, sponges and towels on a weekly basis
- Disinfect all utensils, sponges and dishcloths in an antibacterial solution for at least half an hour
- Clean your refrigerator and freezer handles everyday and the insides of your refrigerator every week

THE 4 BASICS OF FOOD SAFETY

CLEAN

Wash your hands for 20 seconds before and after handling any food and wash surfaces and utensils after each use.

SEPARATE

Separate food items in the grocery cart, refrigerator and on the cutting board.

COOK

Cook food items at the right temperature by using a food thermometer.

CHILL

Chill food items in a freezer that is at least -18 °C and refrigerate perishable food items within 2 hours of exposure.

