

**WHAT IS FOOD HYGIENE & SAFE FOOD**

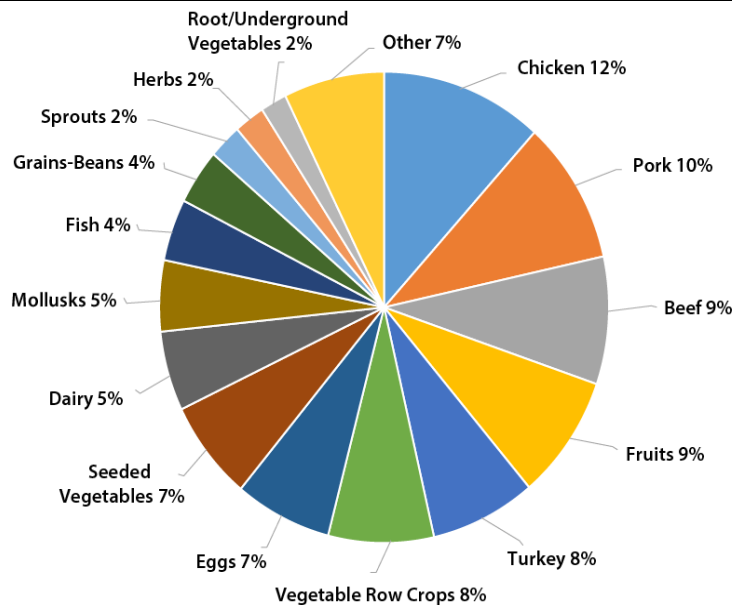
Food hygiene is the conditions and measures necessary to ensure the safety and wholesomeness of food at all stages from production to consumption (i.e. food chain).

- Food can become contaminated at any point during harvesting, processing, storage, packaging, transportation, distribution, preparation and sales/ supply.
- **Safe food** is free from contamination and will not cause illness after consumption (i.e. food poisoning).

**TYPES OF CONTAMINATION**

Physical	Hair, Staple Pin, Stone, Foreign Particles, Button
Chemical	Pesticides, Detergents, Disinfectants, Fertilizers
Biological	Harmful Bacteria, Viruses, Fungus

**FOOD POISONING DATA ANALYSIS**



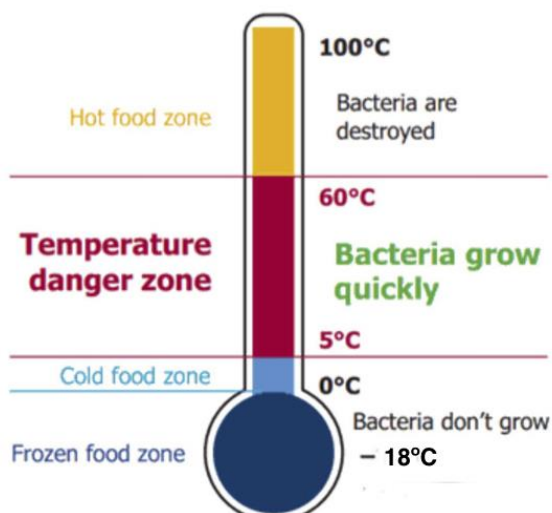
Top 15 Foods That Caused Outbreak-Associated Illnesses, 2009–2018

Source: <https://www.cdc.gov>

**WHAT IS INVOLVED IN FOOD HYGIENE?**

- Food Poisoning Prevention
- Food Spoiling Prevention
- Cleaning and Sanitation
- Personal Hygiene
- Purchase (Reliable Source)
- Pest Control
- Food Preparation Procedure
- Food Storage Procedure
- Food Handling
- Stock Rotation

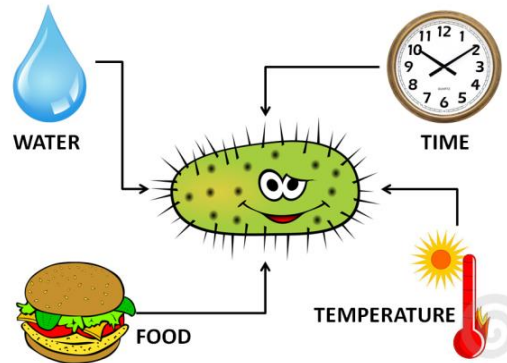
**TEMPERATURE REQUIREMENTS**



- Temperature range 5°C to 60°C is called danger zone. Avoid food storage in this temperature range even for a short duration.
- Temperature for frozen food is -18°C
- Temperature of chiller is 1°C to 4°C.
- Cooking Temperature is 75°C.
- Reheating temperature is 82°C
- Hot holding temperature is 65°C
- Temperature of dry storage is 21°C with adequate ventilation provision.
- Control humidity depends on requirements or content.
- Cover all foods before placing them in a chiller or freeze.

**CONDITIONS FOR BACTERIA GROWTH RESULTING IN FOOD CONTAMINATION**

Food	Protein-containing food is high-risk food. It provides essential nutrients. Meat and dairy products provide good conditions for bacteria growth.
Water	Water is an essential requirement to transport nutrients through the body and remove waste from the body.
Temperature	The danger temperature range is 5°C to 60°C. The best suitable temperature is 37°C for bacterial growth.
Time	Food is left unattended for 10 minutes to 3 hours.



**FOOD PURCHASE/ RECEIVE**

- Always purchase food from reliable sources only to ensure fresh and not contaminated.
- Check the "expiry date" or "best before date" at the time of procurement.
- Check for any signs of spoil or dirt or leakage from the container.
- Ensure the temperature of frozen food is about -18°C at the time of receipt or buying.
- Clean vegetables with water before placing them into the store.

**FOOD STORAGE REQUIREMENTS**

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Avoid overflow in the chiller or freeze.</li> <li>• Avoid placing hot food in a chiller or freeze.</li> <li>• Never store raw food above cooked or RTE food in freeze.</li> <li>• Dropping from raw food may contaminate cooked food.</li> <li>• Avoid wooden pallets in dry food storage areas.</li> <li>• Follow the FIFO principle for stock rotation.</li> <li>• Control pest access in the storage area.</li> <li>• Store as little as possible.</li> </ul> | <ul style="list-style-type: none"> <li>• Store dry contents in a transparent container with a lid so that any contamination can be detected externally.</li> <li>• Avoid storage of non-food items like packing material, cleaning material, fuel etc in the food storage area.</li> <li>• Store rack must be at least 15 cm above floor level.</li> </ul> |
|---|--|

**FOOD HANDLING REQUIREMENT**

- Sort foods according to their storage requirements.
- Always keep raw foods, semi-cooked foods or cooked foods separately.
- If food is not going to be served after cooking, keep it cool at 4°C or keep hot above 65°C.
- Cover food adequately during storage and transport to prevent contamination.

**PERSONAL HYGIENE**

- Wear a hair net or cap to prevent the falling of hair into food.
- Provide white or light colour uniforms to kitchen staff. Ensure regular washing as well.
- Cut nails regularly and never allow female staff to work with polished nails.
- Cover the cut in the finger with a bandage or finger cap to prevent contamination of food.
- Change hand gloves regularly. Don't allow continue to use old or contaminated gloves.
- Wash hands properly after urinal or toilet or after touching hair or nose.
- Carry out periodical medical examinations of food handlers.
- Don't allow smoking in the kitchen or cooking area or chewing gum.
- Don't allow coughing, sneezing, or spitting in the kitchen area or near unprotected food.
- Don't allow to open the plastic bag by blowing air through the mouth.
- Don't allow to taste food by finger (use disposable spoons).
- Don't allow sick staff to work in the kitchen.
- Don't allow to wear jewellery on fingers or hand, bangles, watch etc while cooking.
- Don't allow visitors to enter without wearing protective.

**WHEN TO WASH HAND**

Wash Your Hands After...

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• After cutting raw food</li> <li>• After sneezing, coughing, smoking</li> <li>• After eating or drinking</li> </ul> | <ul style="list-style-type: none"> <li>• After touching money (at the counter)</li> <li>• After urinal or toilet</li> <li>• After touching your face or hair</li> </ul> |
|---|---|

USE A PAPER NAPKIN OR TISSUE TO CLOSE THE WATER TAP AFTER WASHING YOUR HANDS

**CLEANING AND SANITIZING**

- All utensils, chopping board, table etc are required to be cleaned to remove dirt and sanitized to prevent bacterial contamination.
- Use detergent to remove dirt.
- Never wipe the table, or chopping board with wet or dirty cloth as it contains bacteria.
- Use sanitizer to kill micro-organisms and prevent growth.

**PEST CONTROL**

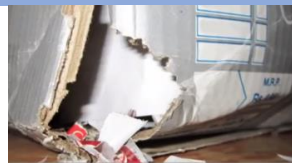
- Prevent access of pests to food storage, cooking or even food waste areas.
- Seal all holes and drains.
- Cover all food in the storage area.
- Put a screen/ net to prevent insects/flyies.
- Cover food waste bins adequately with a lid.
- Rotate stock (use FIFO).



**MAKE ALL FOOD HANDLERS AWARE TO REPORT ANY SIGN OF PEST ACCESS.**



Foot Print



Torn Packages



Dropping



Webbing

**HOW TO CONTROL/ REDUCE OF FOOD HAZARDS**

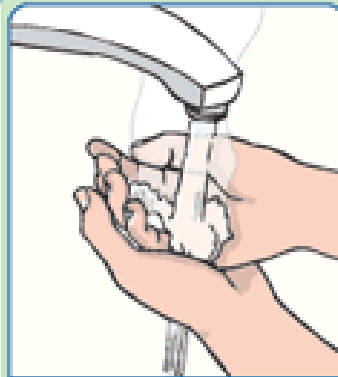
- Follow Good Manufacturing Practices (GMP).
- Follow Good Hygiene Practices (GHP).
- Implement HACCP (Hazard Analysis and Critical Control Point)
- Identify any steps in their operations which are critical to the safety of food.
- Implement effective control procedures at critical points.
- Monitor control procedures to ensure their continuing effectiveness.
- Review control procedures periodically, and whenever the operations change.
- Time and temperature should be controlled in the cooking process and storage Systems effectively where it is critical to the safety and suitability of food.
- Follow the food safety management system (ISO 22000) to get benefits.

**INDIAN STANDARD**

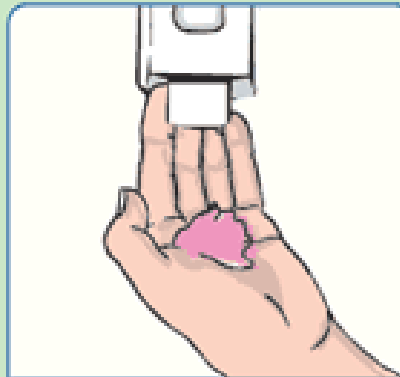
IS 2491:1998 Food Hygiene - General Principles - Code of Practice

[DOWNLOAD](#)

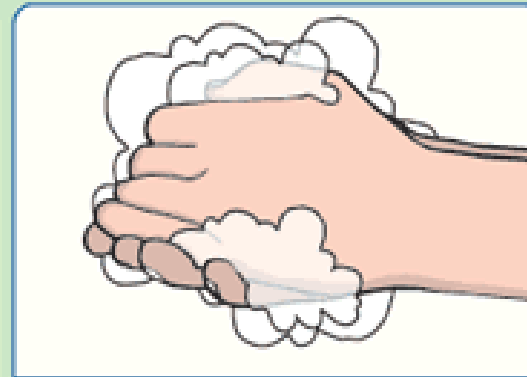
## FIGHT GERMS BY WASHING YOUR HANDS!



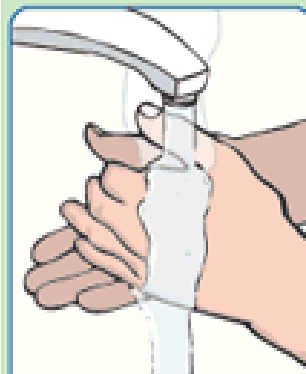
**1** Wet your hands



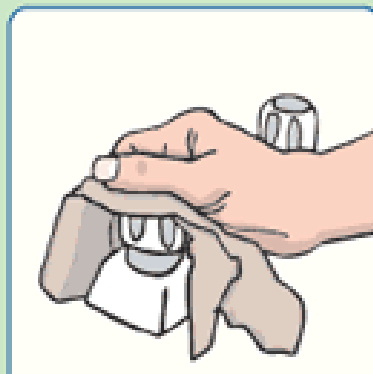
**2** Soap



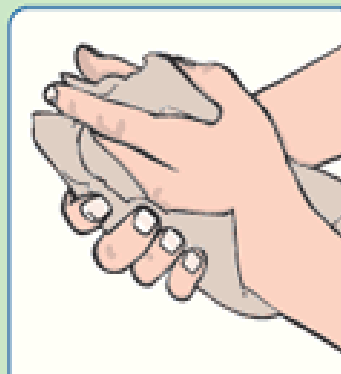
**3** Lather and scrub - 20 sec



**4** Rinse - 10 sec



**5** Turn off tap



**6** Dry your hands

### DONT FORGET TO WASH:

- between your fingers
- under your nails
- the tops of your hands

**WHY WE**



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