

HOW TO PREVENT FOOD RELATED INFECTIONS?

In order to prevent the occurrence of food-borne intoxications, popularly known as food poisoning, despite the collective measures for prevention, it is required each of us to take individual measures to protect their own health and the health of their family.

Each of us can prevent the proliferation of microorganisms in food through following-up of the Five keys to safer food:

1. Keep clean
2. Separate raw and cooked
3. Cook t thoroughly
4. Keep food at safe temperatures
5. Use safe water and raw materials

KEEP CLEAN

- Wash your hands before handling food and often during food preparation
- Wash and sanitize all surfaces and equipment used for food preparation
- Protect kitchen areas and food from insects, pests and other animals

Required cleaning while preparing food, so that microorganisms won't have the opportunity to grow and multiply. Pay special attention to cleanliness of cutlery, drinking and cooking places where there was a contact with raw food or mouth. Do not forget to clean and dry the equipment; microorganisms grow very quickly on wet surfaces.

SEPARATE RAW AND COOKED

- Separate raw meat, poultry and seafood from other foods
- Use separate equipment and utensils such as knives and cutting boards for handling raw foods
- When shopping, keep raw meat, poultry and seafood separate from other foods.
- Keep raw meat, poultry and seafood in the refrigerator, under food which is already prepared for eating or arrange food in a way to prevent cross contamination.
- Store food in containers to avoid contact between raw and prepared foods

COOK THOROUGHLY

- Cook food thoroughly, especially meat, poultry, eggs and seafood
- During thermal processing of meat, make sure that it is well cooked, and reached at least 70°C
- Bring foods like soups and stews to boiling to make sure that they have reached 70°C
- Reheat cooked food thoroughly

KEEP FOOD AT SAFE TEMPERATURES

- Do not leave cooked food at room temperature for more than 1 hour
- Refrigerate promptly all cooked and perishable food (preferably below 5°C)
- Keep cooked food piping hot (more than 70°C) prior to serving
- Do not store food too long even in the refrigerator
- Do not thaw frozen food at room temperature

- The rest of prepared meals should not be kept in the refrigerator for more than 3 days and should not be reheated more than once.

USE SAFE WATER AND RAW MATERIALS

Safe water is required:

- _ In addition to food and for drinking water
- _ to wash fruits and vegetables
- _ For making beverages
- _ For making ice
- _ For safe cooking and hygiene of cutlery
- _ to wash hands

When buying or using a food:

- _ Select fresh and healthy food
- _ Avoid the faulty and spoiled food

HOW TO CHOOSE SAFE FOOD

Select Safe produced foods sold in facilities that fulfill conditions for hygienic keeping food. For example:

- pasteurized milk which is kept in the retail in cooling device or sterilized milk
- dairy products that in retail are exposed on at the cooling device, when purchase, should be immediately placed in a cooling device. Pay attention on the expiry date
- meat and meat products stored in cooling devices or in freezers should be put as soon as possible in the refrigerator, and before consumption should be thermal treated (boiling, baking, frying).
- eggs should be without damaged eggshell, and held in fridge and well thermal treated. Avoid foods containing fresh
- eggs or insufficiently cooked eggs
- select finished or partially prepared food which is kept (stored) properly and where there is no chemical contamination.
- vegetables and fruits before use must be washed with clean safe water
- Fresh fruits and vegetables are considered as important sources of pathogen microorganisms and chemical contaminants. It is therefore important fruits and vegetables to be washed with clean and safe water prior to consumption. Remove damaged parts of fruit or vegetables because bacteria can penetrate there.
- Use safe water or treat it to make it safe
- Do not use food beyond its expiry date
- Do not use food that has already changed its color, smell, taste and appearance
- Do not use damaged, oxidized or inflated cans, because bacteria can grow in cans that are not properly conserved.
- When buying frozen food, be careful that is well frozen, i.e. that already hasn't begun the process of thawing. This especially refers to ice cream that is sold in original packaging, which should be at a temperature below 18° C
- Avoid consumption of sweets because they represent a favorable environment for growth and reproduction of various microorganisms