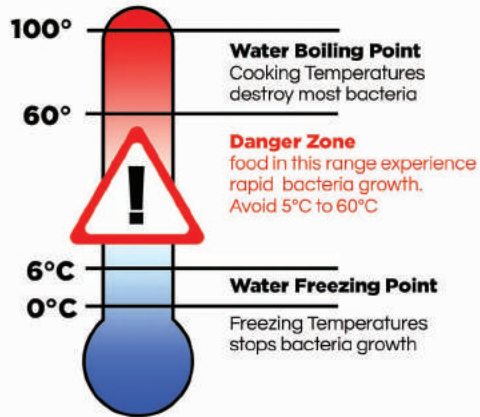


FOOD BORNE ILLNESS OR FOOD POISONING

Food borne diseases often called food poisoning is caused by eating food contaminated with germs.



PREVENT FOOD BORNE ILLNESS



KEEP CLEAN
USE SAFE AND CLEAN WATER TO WASH HANDS, PLATES & UTENSILS



CHILL
KEEP FOOD AT SAFE TEMPERATURE



SEPARATE
SEPARATE RAW & COOKED FOOD



HEAT
COOKED OR REHEATED FOOD MUST BE PIPING HOT

ALWAYS REMEMBER TO WASH YOUR HANDS WITH SOAP & UNDER RUNNING WATER

- Before, during and after preparing food.
- Before eating food.
- Before and after caring for someone who is sick.
- Before and after treating a cut or wound.
- After using the toilet.
- After changing diapers or cleaning up a child who has used the toilet.
- After blowing your nose, coughing or sneezing.
- After touching an animal, animal feed or animal waste.
- After handling pet food or pet treats.
- After touching garbage.



A Guide to Safe Food Practices for Schools



For further information contact:
Food & Drugs Authority (FDA)
Tel: (+233-302) 233200 or 235100
(+233-302) 0299802932/3 (Hotline)
0800151000 (Toll Free)
fda@fdaghana.gov.gh
www.fdaghana.gov.gh

KITCHEN SAFETY RULES

Always wash your hands before and after handling food.



Tie back long hair.

Wear an apron and roll up your sleeves.



Keep food preparation surfaces clean.

Wash fruits and vegetables under running water before use.



Always ask an adult before handling knives or going near hot things.



Handle knives and other sharp equipment with care.



When using a knife, always cut away from yourself or downwards on a chopping board to avoid cutting yourself.



Turn handles of saucepans away from the front of the stove when cooking.



Use oven mitts when taking hot dishes from the oven or microwave.

Do not run around the room where food is being prepared.



Wipe up food spills immediately.



Store food appropriately in sealed containers. Always keep raw meat away from cooked meat at the bottom of the fridge.

Wash kitchen and eating utensils after use in hot soapy water.

TIPS FOR SAFE LUNCH PACK

TIP 1

If the lunch/snack contains perishable food items like eggs, cheese or yogurt, make sure to pack it with ice to keep it cold at all times. Harmful bacteria multiply rapidly between 5°-60° C so perishable foods transported without an ice source won't stay safe for long.



TIP 2

Freeze drinks or water overnight. These can also be used to keep other foods cold. By lunchtime, the liquids should be thawed and ready to drink.

Ensure that you pack lunches containing perishable food such as cooked beans, meat or fish in an insulated lunch box or soft-sided lunch bag. Perishable food can be unsafe to eat by lunchtime if packed in a paper bag or polythene/rubber bag. If packing hot lunch, like soup or stew, use an insulated container to keep it hot. Fill the empty container with boiling water, let it stand for a few minutes, empty and then put in the piping hot food.



TIP 3

Keep the insulated container closed until lunchtime to keep the food hot – 60° C or above.



NINE STEPS TO EFFECTIVE HAND WASHING



Wet hands thoroughly with water



Use approved soap



Rub palms together



Back of hands



Base of thumbs



Fingernails



Rotationally rub wrists



Rinse hands with water



Dry hands with paper towel



Do not buy foods such as fried yams, fish (fried or smoked) and meat (fried or smoked) that are exposed. Buy foods that are covered and protected from contamination (e.g. flies)