



FOOD SAFETY TIPS FOR THE FESTIVE SEASON

Ensuring the safety of your food is essential at all stages of the food preparation (from purchasing the food at the market to serving it on the plate). Preventing contamination, growth of microorganism and the surviving of these microorganism in our food should be our priority during all stages of the food preparation. Unsafe food can lead to food borne diseases, food poisoning and consequently death.

Prevention is always the best approach.

1. So, if you are buying prepackaged foods follow these safety tips;
 - Never buy any can of food that looks swollen or has a bulge in it. This may mean that dangerous bacterial are growing inside.
 - Don't buy any can that's dented. The damage may have allowed bacteria to grow inside.
 - Don't buy any sealed package that is torn, has a hole in it or its coming apart at the seams.
 - Don't buy any can or package that is leaking. If liquid can drip out, bacteria can get in.
 - Don't buy any food in a package the appears to have been resealed or repaired in any way. Food should be sold only in the original, intact package.
 - Don't buy food that have their "expiry date", "Best before date" or "Use-by-date" elapsed.
 - Don't buy frozen foods whose packages show that the food inside may have melted, then frozen again. Example, in cardboard-carton type packages, food stains on the package or other signs the package has leaked are evidence that this may have happened. Frozen food that is thawed, then frozen again, gives bacteria a chance to grow.
 - Food that has to be refrigerated should be kept at 4⁰C or on ice.
2. When storing leftover food, this must also be done safely. The following are few tips to consider;
 - Put leftovers in the fridge as soon as possible, within 2 hours. If this is not done bacteria can quickly multiply, turning your delightful dish into a food poisoning disaster.
 - Store leftovers in containers with tight fitted lids. If containers have no lids, plastic wrap or aluminum foils can be used.
 - Eat any leftovers in your fridge within 3-4days or freeze.
 - If you are freezing leftovers, freeze them in one-or -two portion servings, so you can easily reheat for eating.
 - Store leftovers in plastic containers, plastic bags or aluminum foil.
 - For best quality, eat frozen leftover within 2months.
3. Always remember to wash your hands properly with soap and under running water. Hand washing is the most important way of preventing the spread of diseases. Unwashed or poorly washed hands are a very common way of spreading many diseases such as cold, diarrhea, cholera etc. Germs and viruses causing these diseases are spread by routine things such as handling food, touching doorknobs, shaking hands and handling mobile phones. The spread of many germs can be reduced by washing with soap and water after using bathroom, blowing nose, sneezing or coughing, handling uncooked foods, taking out the waste bin, changing a diaper, handling money, playing



with pets, smoking and touching or scratching your body. Also remember to wash your hands before eating or handling food.

Food safety is our shared responsibility!!!!!!!!!!