

## FOUR RULES FOR SAFER FOOD

To prevent foodborne diseases from food it is important to follow some basic hygiene rules for preparing and storing foodstuffs.

These rules help to make sure the food is safe.

Foodborne diseases are illnesses which manifest largely through digestive symptoms such as vomiting and diarrhoea, and occur when a person eats food contaminated with microorganisms like salmonella.

There is a proved relation between certain bad practices and these illnesses. Following the four basic rules of hygiene, i.e.

**clean,  
separate,  
cook and  
refrigerate,**

helps to avoid foodborne illnesses.

In co-operation with:

- Departament de Salut
- Agència Catalana del Consum

With support from:

- Associació de Consumidors de la Província de Barcelona (ACPB)
- Coordinadora d'Usuaris de la Sanitat (CUS)
- Organització de Consumidors i Usuaris de Catalunya (OCUC)
- Unió de Consumidors de Catalunya (UCC)
- Unió Cívica de Consumidors i mestresses de casa de Barcelona i Província (UNAE)
- Promotora de l'Orientació del Consum de la gent gran (PROGRAM)

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SEGURETAT ALIMENTÀRIA  
Consells per als Consumidors

FOOD SAFETY  
Consumer Advice

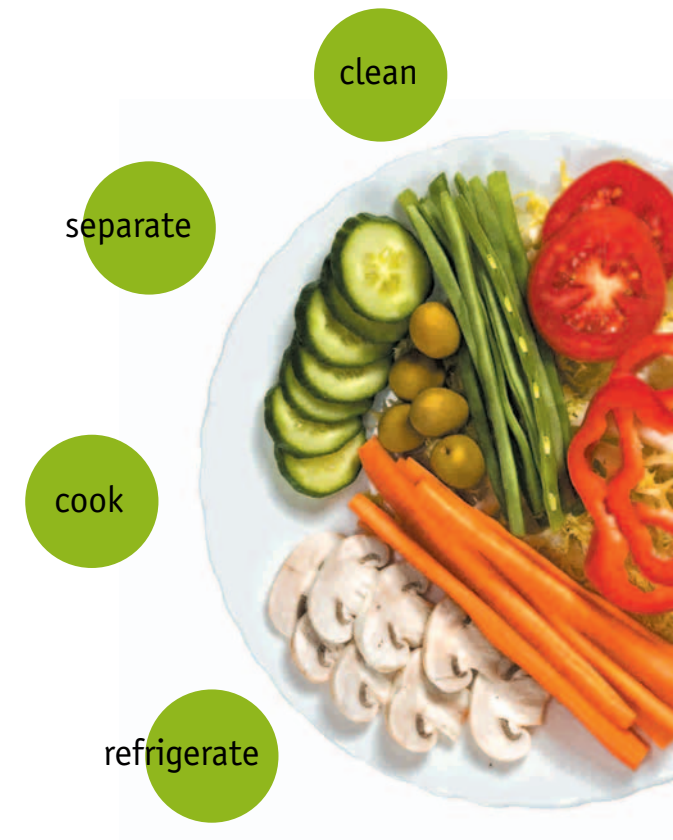
Sanitat Respon 24 hores  
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 [www.gencat.net/salut](http://www.gencat.net/salut)

Generalitat de Catalunya. D. L. B-19781-2008

## FOUR RULES FOR PREPARING SAFE FOOD



 Generalitat de Catalunya  
Agència Catalana  
de Seguretat Alimentària

# CLEAN

1



- Wash your hands before starting to prepare food, after handling raw food and every time you handle waste, nappies, money and so on during food preparation.
- Wash your hands after going to the toilet, sneezing, coughing or blowing your nose, and after touching pets.

- Clean surfaces and kitchen utensils before using them and especially after handling raw foods like red and white meat, fish, eggs and the like.
- Keep insects and pets away from food and the kitchen in general.
- Wash fruit and vegetables, especially if they are to be eaten raw.

## Why?

- On the ground, on animals and on people there may be certain dangerous microorganisms which cause illnesses that are passed on through food.
- You can spread these microorganisms and contaminate food with hands, cloths and kitchen implements.



# SEPARATE

2

- Always separate raw food from cooked food, and also from food which is to be eaten raw and has already been cleaned.
- Use different implements (knives, forks, plates, etc.) to handle these foods.
- In the fridge, keep raw and cooked food in different places and in covered containers in order to prevent contamination between them.

## Why?

- Raw food can contain microorganisms which may contaminate cooked food or food which is to be eaten raw and has already been cleaned.



# COOK

3

- Cook food properly, especially red meat and poultry, eggs and fish.
- Cook foods containing egg at temperatures of at least 75°C in the centre of the food. Make sure omelettes are cooked through.
- Roast red meat and poultry must reach 75°C in the centre of each piece. Make sure the juices are clear, not pink.
- Reheat food properly. You know food is hot enough when you need to let it cool down before eating it.



## Why?

- Cooking eliminates dangerous microorganisms from food. If it does not reach a high enough temperature the microorganisms survive.
- Reheating at a high enough temperature kills any microorganisms which may have developed while the food was being stored.

# REFRIGERATE

4

- Prepare food as short a time as possible before eating it, and when this is not possible keep it refrigerated.
- Refrigerate cooked food as soon as possible. Do not keep it at room temperature for more than two hours.
- Divide the food into small containers to make it easier to cool.
- Defrost food in the fridge or in the microwave just before preparing it; do not defrost it at room temperature.

## Why?

- Some microorganisms multiply very fast if the food is kept at room temperature.
- Under 5°C and above 65°C the growth of microorganisms is slowed down or stopped.

