

# ABCs OF KITCHEN HYGIENE

*Salmonella*, *Campylobacter*, *Listeria*, and other such microorganisms can occur in foods, particularly those of animal origin. How to avoid infections at home in the kitchen.

## PROPER REFRIGERATION

Easily perishable foods should be stored in the refrigerator at between 2 °C and, at most, 7 °C. They should be kept cool outdoors and during transportation, too.

For longer-term storage, hot food should also be quickly cooled down to below 7 °C.



## HEAT & KEEP HOT

Food should be heated to at least 70 °C for 2 minutes at all parts.

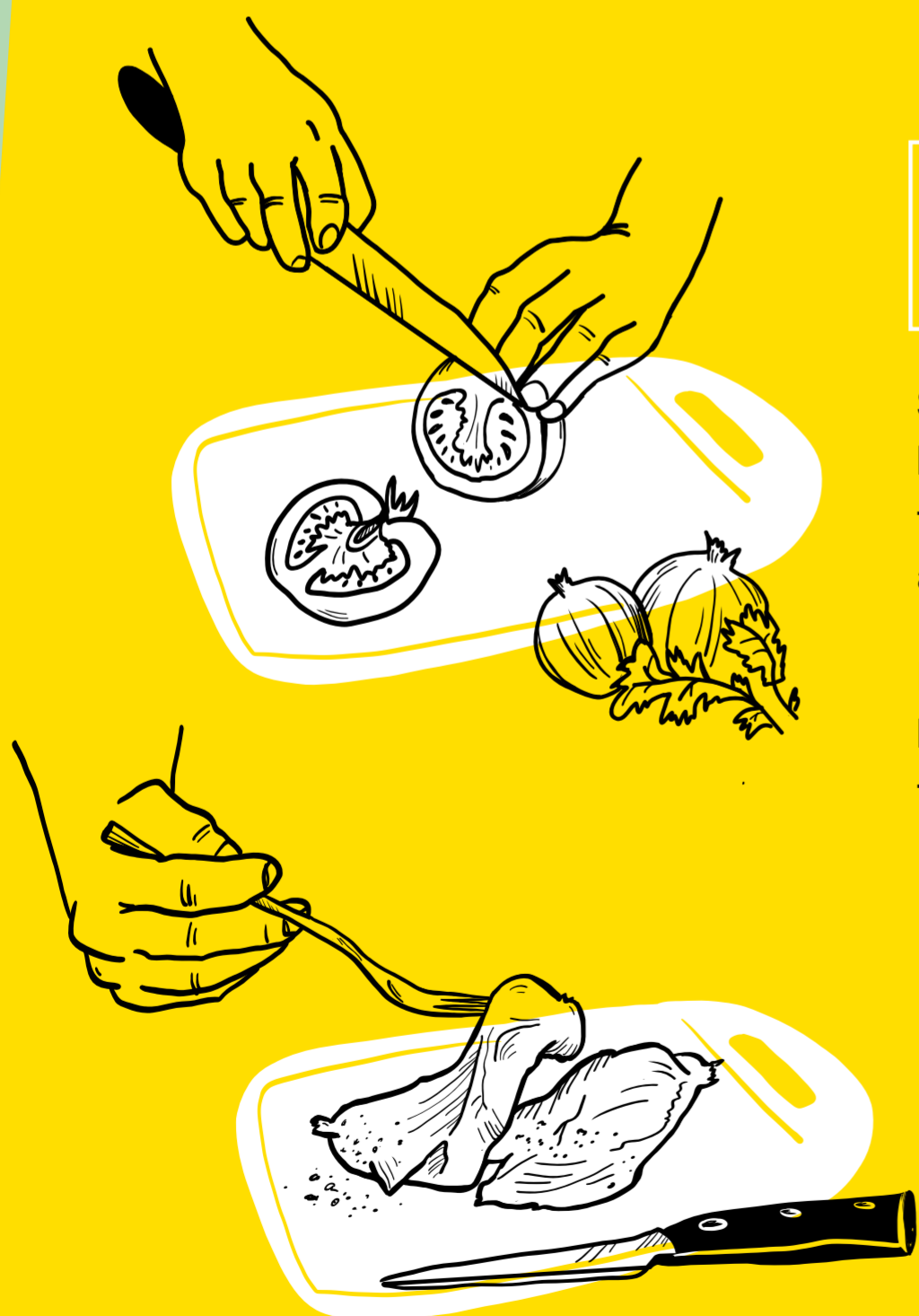
Food should be kept hot at at least 60 °C at all parts.



## TO EACH THEIR OWN

Separate kitchen utensils should be used for raw and for cooked foods as well as for those which are eaten without being heated.

In the refrigerator, foods should be kept covered and separated from each other.



## HYGIENE MATTERS

Before preparing raw foods and after contact with them, wash hands for 20 seconds with soap and then dry them.

Regularly replace dish sponges and cutting boards.

Wash fruit and vegetables thoroughly under running water.

