

# HYGIENE IN THE KITCHEN

## 10 recommendations to avoid food poisoning

Each year, in France, one third of reported foodborne infections occur in the home. Food that is poorly stored or insufficiently cooked, or cross-contamination between foods, for example, can make us ill.

So what rules should we follow to reduce the risks of food poisoning ?

### #1 KEEP HANDS REALLY CLEAN

Before and during meal preparation, wash your hands well with **soap and water**.



### #2 NO COOKING WITH STOMACH FLU

Avoid preparing meals if you have **gastroenteritis**. Find someone to replace you or take great care with washing your hands. Opt for foods that require little preparation.



### #3 IN THE FRIDGE WITHOUT DELAY

Place food in the refrigerator **no later than 2 hours** after it has been prepared.



### #4 KEEP YOUR FRIDGE CLEAN

Clean your fridge regularly. If foods are spilled, clean them up **immediately**. Keep foods **wrapped**.



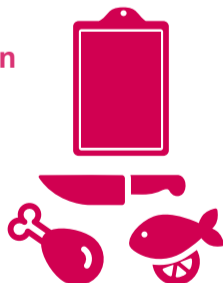
### #5 THE RIGHT TEMPERATURE



Keep the temperature in the coldest part of your fridge **between 0 and +4°C**. Also check the door seals.

### #6 A CHOPPING BOARD FOR EACH TYPE OF FOOD

One board for **raw** meat and fish, another for **cooked** produce and **clean** vegetables. Use **clean utensils and dishes** once the food is cooked.



### #7 EAT READY FOODS QUICKLY

Store your delicatessen products, cooked dishes, cream-based pastries and non-prepackaged foods **in a cool place**. Consume within **three days** of purchase.



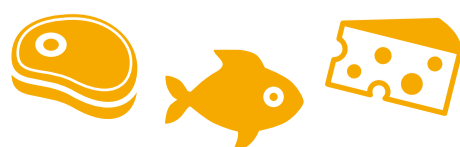
### #8 COOK MINCE THOROUGHLY

To protect themselves from pathogens, young children, pregnant women, the elderly and immunocompromised individuals must only consume **minced meat that has been cooked through**.



### #9 VIGILANCE WITH RAW FOOD

Children, pregnant women and immunocompromised individuals are **strongly advised not to** consume **raw** meat or fish, or dairy products made with **raw** milk.



### #10 KEEP BABY'S BOTTLE COOL

Infant meals and bottles must not be kept for more than **one hour** at room temperature and more than **48 hours** in the refrigerator.

