Celebrating first ever
WORLD FOOD SAFETY DAY

Food safety, everyone’s business.

The Five pillars of food safety

Maintain personal hygiene while handling food
- Wash hands with clean soap and water
- Keep your hair tied while cooking
- Keep nails short and clean

Keep cooking and surrounding area clean
- Clean kitchen area, counters and sink regularly
- Keep dustbin covered and clean
- Do not throw food in kitchen sink/drains

Follow keys to safer food
- Wash fruits and vegetables with clean water
- Separate raw and cooked food
- Refrigerate food within two hours of preparation

Check food for adulteration & spoilage before consuming
- Do not buy food that appears spoiled or with damaged packaging.
- Test common food adulterants using the DART book at www.fssai.gov.in.
- Report adulteration online at www.fssai.gov.in or via the Food Safety Connect App.

Read food labels to know what you are eating
- Look for FSSAI logo
- Check the ‘Best before’ date
- Check for food allergens

Why?

Personal hygiene is important to prevent contaminating food with germs from yourself, which can lead to food poisoning.

Unclean kitchen areas, counters, sink etc. breed germs. Keeping these clean prevents food contamination & hence food poisoning.

Cleaning raw food before consuming, separating it from cooked food before consuming & refrigerating cooked food helps prevent food contamination from germs.

Adulterated and spoiled food can cause a range of health hazards. Checking food adulteration & spoilage before consuming food helps to guard your health.

Look for safety marks, logos and the best before date to identify if the food is safe to eat. Check for food allergens to protect yourself from adverse health reactions.