

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 ?

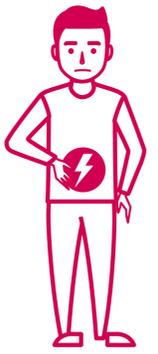
#1 KEEP HANDS REALLY CLEAN

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.



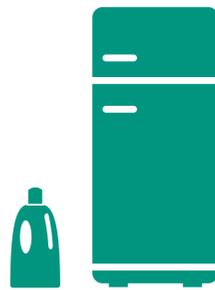
#3 IN THE FRIDGE WITHOUT DELAY

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

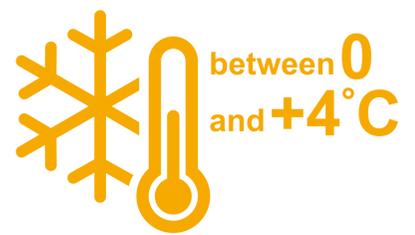


#4 KEEP YOUR FRIDGE CLEAN

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**.



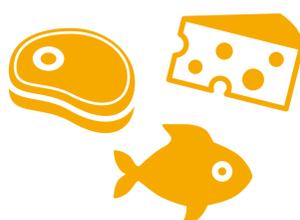
#8 COOK MINCE THOROUGHLY

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**.



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See our article on « Hygiene advice in the kitchen »
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