

HomeMeal.

Processing food

Only a small number of factors related to food handling are responsible for a large proportion of foodborne disease episodes everywhere. Common errors include:

- preparation of food several hours prior to consumption, combined with its storage at temperatures which favour growth of pathogenic bacteria and/or formation of toxins
- insufficient cooking or reheating of food to reduce or eliminate pathogens
- cross contamination
- people with poor personal hygiene handling the food

In order to avoid the transmission of germs from one food to the other, certain goods should be stored and prepared separately from one another. The shelf life can also be positively influenced by separating certain products.

Therefore:

- Use different boards and knives for cutting meat and vegetables
- Store raw meat, poultry and seafood separately from other foods - Avoid contact between cooked and raw foods
- Do not put ready-to-eat food in containers or crockery in which raw food such as meat, fish and eggs were previously stored
- Always wash fruits, salads and vegetables with drinking water. Repeated washing is better than washing with plenty of water once
- Do not leave fruits and vegetables wet after washing
- Peeling can effectively reduce contamination. Throw away anything moldy or rotten.

See the section on Kitchen Hygiene for further information.

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