

DIRECTIONS & PIECES OF ADVICE ABOUT FOOD SAFETY



**ABU DHABI FOOD
CONTROL AUTHORITY**

YOUR GUARDS TO SAFE FOOD

FOR ANY COMMENTS

 **800-555**

www.adfca.ae

READ THE FOOD LABELING as follow:

- Read all illustrative information on label including the ingredients.
- Make sure the food item is not expired.
- Read the nutritional information's.
- Read the warnings.
- Abide by instructions concerning preserving and storing the food item.
- Abide by instructions concerning the best preparation methods.



TO STORE FOOD, it is recommended to:

- Keep food under proper temperatures in accordance to preparation method.
- Store chilled foods in refrigerator and frozen foods in freezers.
- Retain cooked and ready to eat foods on top shelves of the refrigerator , while raw foods e.g meat, marinated and ready to cook, in tightly closed containers at the bottom shelves to avoid cross contamination.
- Do not leave foods uncovered in the refrigerator.
- Do not over load the refrigerator or freezer with extra quantities in order to allow cold air circulation.
- Defrost frozen foods in the lower shelves of the refrigerator or by using microwave ovens.
- Chill or freeze the perishable foods and cooked foods within two hours or less



WHEN SHOPPING, it is recommended to:

- Buy food from reliable sources.
- Read all label information before purchasing.
- Do not purchase expired food items.
- Do not purchase chilled and frozen food if it is displayed at room temperature.
- Do not purchase swollen, punched, rusted or damaged food cans and/or containers.
- Make sure that milk and beverage containers are sealed.
- Separate perishable foods during shopping.
- Purchase chilled and frozen food at the end of the shopping tour.



TO ENSURE SAFE FOOD follow the general hygiene requirements

- Wash your hands before and after food preparation and/or handling raw meat & eggs.
- Wash your hands after meals, smoking, or using toilet and handling contaminated material such as garbage.
- Wash kitchen utensils & surfaces with hot water & soap before and after food preparation.
- Use disinfectants or a mixture of water and bleach to ensure surface protection against germs (bacteria).
- Wash chopping boards with hot water and soap after each use and dispose the damaged.



TO COOK FOOD, it is recommended to:

- Cook food according to the internal temperature recommended for each type, especially, meat, poultry, eggs and seafood.
- When reheating food Cook sauces, soups and casserole on boiling temperatures.
- Do not use same container used to accommodate raw meat for ready cooked foods.
- Use clean thermometer to assure that internal heat of meat, eggs and poultry reached desired temperature during cooking.

TO HANDLE AND PREPARE FOOD, it is recommended to:

- Use separate chopping boards for vegetables meat, poultry , seafood and ready to eat foods.
- Don't place ready to eat food on the same plate or board used for raw foods.
- Keep raw meat in tightly closed containers or in plastic bags at the lower shelves in refrigerator to avoid cross contamination of other food items.
- Reheat food properly to boiling temperature or until steam is observed.
- Keep hot meals at 63° C or above and cold meals at 4° C or less.
- Do not allow meat, poultry and seafood juices to contaminate ready – to – eat food items such as fruits and salads
- Do not test food for safety checking.
- Dispose foods left at room temperature for two hours or more.

