Almost one in ten people in the world (an estimated 600 million) fall ill after eating contaminated food and 420 000 die each year.

Food can be contaminated by:

- Bacteria
- Viruses
- Parasites
- Toxic Chemicals

Unsafe food

Disease

Causes over 200 diseases from diarrhoea to certain cancers

Malnutrition

Creates a vicious cycle particularly affecting infants, young children, elderly and the sick.

Everyone has the right to safe, nutritious and sufficient food!

Food safety is a shared responsibility between governments, producers and consumers.

Whether you grow, process, transport, store, distribute, sell, prepare, serve or consume food, you have a role to play in keeping it safe.

See 5 keys to safer food overleaf

Knowledge = Prevention
5 keys to safer food

Keep clean
- Wash your hands before handling food and often during food preparation
- Wash your hands after going to the toilet
- Wash and sanitize all surfaces and equipment used for food preparation
- Protect kitchen areas and food from insects, pests and other animals

Separate raw and cooked
- Separate raw meat, poultry and seafood from other foods
- Use separate equipment and utensils such as knives and cutting boards for handling raw foods
- Store food in containers to avoid contact between raw and prepared foods

Cook thoroughly
- Cook food thoroughly, especially meat, poultry, eggs and seafood
- Bring foods like soups and stews to boiling to make sure that they have reached 70°C. For meat and poultry, make sure that juices are clear, not pink. Ideally, use a thermometer
- Reheat cooked food thoroughly

Keep food at safe temperatures
- Do not leave cooked food at room temperature for more than 2 hours
- Refrigerate promptly all cooked and perishable food (preferably below 5°C)
- Keep cooked food piping hot (more than 60°C) prior to serving
- Do not store food too long even in the refrigerator
- Do not thaw frozen food at room temperature

Use safe water and raw materials
- Use safe water or treat it to make it safe
- Select fresh and wholesome foods
- Choose foods processed for safety, such as pasteurized milk
- Wash fruits and vegetables, especially if eaten raw
- Do not use food beyond its expiry date

Knowledge = Prevention