

Keep food at safe temperatures

- ✓ Keep food at safe temperatures (hot foods at 63°C or above, chilled food at 8°C or below, frozen foods at -18°C or below)
- ✓ Do not leave cooked food outside at room temperature for a long period, even in winter.
- ✓ Refrigerate cooked food after cooling. Do not put hot food in the fridge. Use ice or cold water to cool.
- ✓ Once chilled foods are purchased, refrigerate promptly as soon as you arrive home.
- ✓ Keep cooked food piping hot, prior to serving.
- ✓ Do not store food too long even in the refrigerator.
- ✓ Do not thaw frozen food at room temperature.

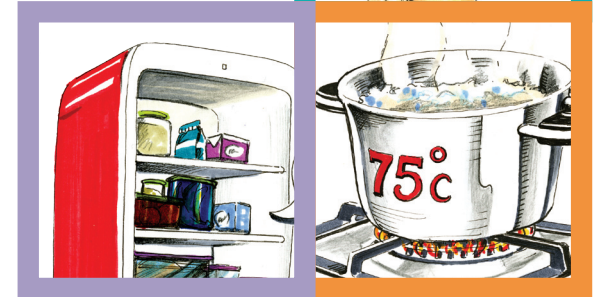
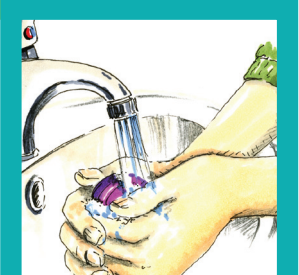


Cook food thoroughly

- ✓ Poultry must be steaming hot all the way through before serving, with no pink meat. Juices must run clear.
- ✓ Reheat cooked food thoroughly until it is piping hot. When reheating foods like soups and stews, bring to boiling and stir well.

Use safe raw materials

- ✓ Select fresh and wholesome food from licensed outlets.
- ✓ Always use mains or bottled water.
- ✓ Do not use food beyond its use by date.
- ✓ Practice first in, first out when storing food.



For more information call on
2133 7333, 2326 6000
or visit
www.health.gov.mt

 Health Promotion & Disease
Prevention Directorate

 Environmental Health
Directorate

PARLIAMENTARY SECRETARIAT
FOR HEALTH



 FSC
FOOD SAFETY COMMISSION



FOOD SAFETY

PREVENTION OF FOODBORNE ILLNESS

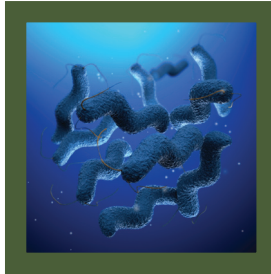
CAMPYLOBACTER AND SALMONELLA HAVE BEEN THE MOST COMMON CAUSE OF FOODBORNE ILLNESS IN MALTA OVER THE LAST FEW YEARS. YOU CAN'T SEE, SMELL OR EVEN TASTE THEM.

The most common cause of Campylobacter and Salmonella is poultry and products thereof that are not cooked or handled properly.

HOW IS CAMPYLOBACTER AND SALMONELLA SPREAD?

In the kitchen, two of the most common ways of transmission are through cross-contamination and through undercooked poultry.

Cross-contamination occurs when these bacteria spread from one surface to another or from raw food to ready-to-eat food. For example, when one uses the same chopping board for raw poultry and ready-to-eat food without washing it thoroughly in between.



Campylobacter



Salmonella

What are the symptoms?

These bacteria cause severe diarrhoea, abdominal pain, fever and sometimes vomiting.

Who is most at risk?

Anyone who is exposed to these bacteria can get ill but young children under the age of five, those over sixty and pregnant women are at a greater risk of getting sick and developing complications.

What treatment is there?

Most people recover without treatment within five days. A re-hydration solution is recommended. However some may need admission to hospital. Severe infections can be treated with antibiotics after medical consultation.



HOW CAN YOU AVOID THEM?

Practice good kitchen hygiene
Keep clean!



- ✓ Thoroughly wash and clean all utensils, chopping boards and surfaces used to prepare raw poultry.
- ✓ Wash your hands with soap and warm water after going to the toilet, before and after handling raw poultry and often during food preparation.
- ✓ Protect kitchen areas and food from insects, pests and other animals.

Avoid Cross-Contamination - Separate raw from cooked food!

- ✓ Separate raw food from other ready-to-eat food.
- ✓ 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 ready-to-eat foods.
- ✓ Cover and store raw food and meats at the bottom of the fridge so juices cannot drip on to other foods and contaminate them.
- ✓ There is no need to wash raw poultry before cooking it. Washing it can spread germs around the kitchen by spreading them onto other surfaces and utensils.