

# PROPER HYGIENE IN THE KITCHEN

A HYGIENIC KITCHEN SHOULD  
CONFORM TO THE FOLLOWING RULES:



ALWAYS WASH YOUR HANDS BEFORE  
HANDLING FOOD.



USE SEPARATE CHOPPING BOARDS  
WHEN PREPARING FOODS THAT COULD  
GET CROSS CONTAMINATED.



STORE FOOD AT THE CORRECT  
TEMPERATURE



CHECK THE SELL BY DATE ON  
EVERY FOOD YOU USE.



STORE RAW MEAT AWAY FROM  
COOKED MEAT ON THE BOTTOM  
SHELF OF THE FRIDGE.