



Food Safety Measures

TO BE TAKEN DURING COVID-19

WHILE GROCERY SHOPPING



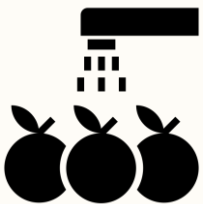
- ✓ Prepare a shopping list in advance.
- ✓ Wear a face mask.
- ✓ Practice physical distancing while shopping – keeping at least 1m from others.
- ✓ Check the food package for any damage.
- ✓ Sanitize your hands after touching groceries, money as well as any other surfaces.
- ✓ Wash your hands with water and soap for at least 20 seconds when you return home.

- ✓ Keep food at a safe temperature.
- ✓ Keep your hands and surfaces clean.
- ✓ Separate raw and cooked food.
- ✓ Use safe water and raw materials.
- ✓ Follow 4 basic food safety steps — Clean, Separate, Cook, and Chill.



WHILE PREPARING FOOD

WHILE WASHING FRUITS & VEGETABLES



- ✓ Rinse fresh fruits and vegetables in running tap water.
- ✓ Scrub the produce including the ones with skins and rinse before cutting and eating.
- ✓ Store the fresh produce at appropriate temperature.
- ✓ Regularly clean and sanitize kitchen counters using disinfectant.