

NATIONAL SCHOOL NUTRITION PROGRAMME

Please follow the rules below when preparing food

CLEAN COOKING AND EATING UTENSILS



Clean utensils, cutting boards and work surfaces with warm soapy water

Rinse with clean water



Air dry equipment



Cut away any damaged or bruised areas on food



Rinse produce in clean water

Tip: * Use good quality fresh produce

SEPARATE RAW FOOD FROM COOKED



Use separate cutting boards for fresh vegetables, and meat

Separate cooked and raw foods for preparation and storage

Tips: * Once a cutting board gets excessively worn or develops hard-to-clean grooves, replace it.

* Plastic chopping boards are safer than wooden ones



Keep door and windows open for fresh air

Sweep and mop floors daily before leaving



Empty and wash dustbins

Wash equipment and utensils after use

Tips: * Clean as you go

* Never have a dirty kitchen

WASH VEGETABLES AND FRUITS

IS YOUR KITCHEN CLEAN?

