Please follow the rules below when preparing food

- **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

**IS YOUR KITCHEN CLEAN?**

- **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