Do’s and don’ts in the kitchen

- Keep fingernails short and clean.
- Always wash your hands with soap and water before preparing a meal, after preparing fruit & vegetables, after visiting the toilet, blowing your nose or after touching pets or the dustbin.
- Keep equipment used for raw food separate from cooked.
- Cover up any cuts with waterproof plaster before cooking. Wash down surfaces with hot water.
- Keep food covered.
- Wash fruit & vegetables before preparing.
- Try to store food under the right condition.
- Wash fruit & vegetables before preparing.
- Never keep cooked & uncooked meats on same shelf in the fridge, try to keep uncooked meat as low down in fridge.
- Change tea towel & dish cloths regularly.
- Follow the golden rule ‘clean as you go’
- No ‘carry on’ in the kitchen remember your ACES rules when you started!