

## Do's and don'ts in the kitchen

Keep food covered.

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.

Cover up any cuts with waterproof plaster before cooking. Wash down surfaces with hot water

Wash fruit & vegetables before preparing.

Keep fingernails short and clean.

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

Keep equipment used for raw food separate from cooked.

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!