

Safe food handling & Hygiene Booklet for Food Handlers




**FOOD SAFETY AND STANDARDS
AUTHORITY OF INDIA**

Inspiring Trust, Assuring Safe & Nutritious Food

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Safe & Nutritious Food
A Shared Responsibility

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Introduction

This booklet is identified for people who work with food. You probably make food for your customers either in Dhabas, Restaurants, Mid-day meal kitchens, etc. We are sure that you want it to taste good, however, there is something more important while working with food. You need to make sure that it is safe to eat. FSSAI has formulated set of standards for ensuring safe food handling in food businesses. Each food businesses have to follow these practices to ensure safe food to consumers. In this booklet, you will learn how to make sure that the food you serve is safe to eat.

What is Safe Food?

Safe Food means there is nothing in food that can cause harm. For example, broken glass, hair, harmful chemicals or germs.

We cannot see germs with our naked eye but if they are present it makes the food poisonous and dangerous to eat. Anyone who eats that food can become very sick, with symptoms such as:

- Feeling just a bit 'queasy' or 'unwell'
- Vomiting
- Headaches
- Having go to toilet often sweating
- Feeling dizzy
- Shaking/ shivering

All persons handling food should practice good personal and food hygiene to ensure that food served to consumers is safe to eat. Also, safe food handling practices should be followed at all stages of food handling. This is important to avoid introducing contamination with food being served. This book is a simple step to step guide book for food handlers to ensure personal hygiene and safe food handling.

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— Before going for work ✓

- ▲ Brush your teeth
- ▲ Bathe regularly
- ▲ Trim your hairs, beard
- ▲ Trim your nails
- ▲ Wear Clean clothes
- ▲ Cover all wounds with water proof bandage



- Don't



- ⤴ Do not handle food when sick
- ⤴ Do not scratch/ prick nose, pimple etc.
- ⤴ Do not keep long nails and do not wear nail enamels
- ⤴ Do not wear dirty cloths
- ⤴ Do not wear jewellery, watch etc. while handling food.





— Before entering the kitchen

- ⤴ Keep your personal belongings away
- ⤴ Wear clean and covered shoes
- ⤴ Wear Apron, gloves & head cover
- ⤴ Wash your hands

WHEN SHOULD YOU *Wash your hands?*



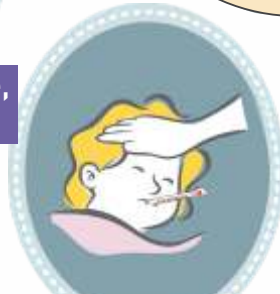
After touching animals



After exchange money



After you blow your nose,
cough or sneeze



Before & After you
touch a sick person



After handling
waste



After you use the
bathroom

Note- school children should also wash hands before having food.

How to wash hands properly



Wet your hands & apply soap



Rub palms together to create a lather



Palms over the back of hands



Rub between fingers



Thumbs & wrists



Fingertips onto palms



Wash hands with Clean Wash



Dry your hands with clean towel

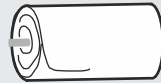
Adequate Hand wash Facilities

Permanent

Soap Supply



Washbasin



Towel Dispenser

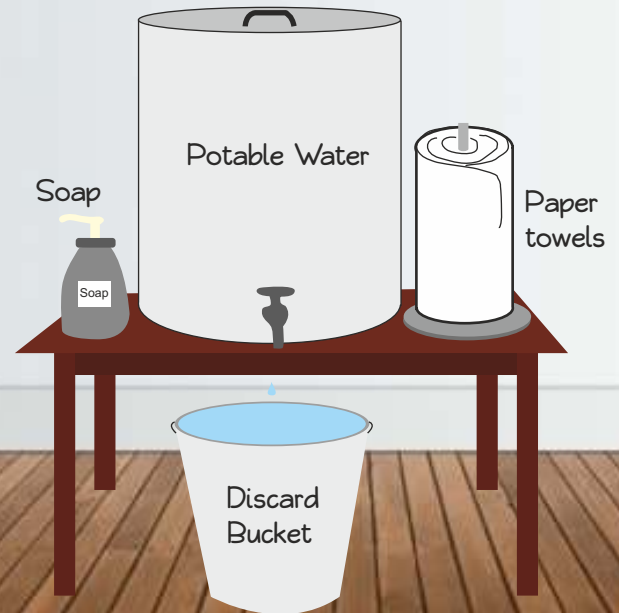


Waste

Adequate Hand wash Facilities

Temporary

Gallen Thermal Container



Food Premises & Facilities



Keep food preparation area clean and well maintained



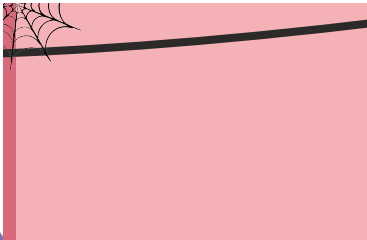
Wall should be smooth, light colored, non-absorbent and easy to clean.



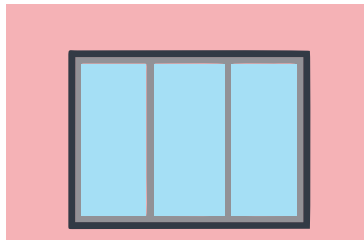
Doors should be fitted with air filters/ air curtains.



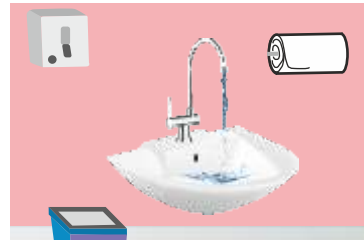
There should be no wire/electrical fittings hanging from the ceiling



Ceilings and walls should be kept clean.



Windows should be covered with shatter proof glass and a wire mesh.



There should be a proper hand wash facility in the food preparation area.



Covered garbage bins with food operated pedals should be used in food preparation area.

Safe Handling of Food

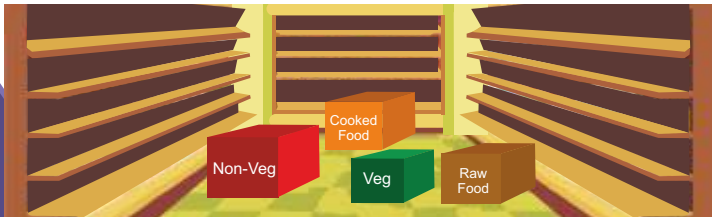
Receiving



Keep receiving area clean & sanitized



Receive food items in clean container



Use Separate containers for veg/non veg, raw & cooked food

Storage



Storage area should always be clean and well lit



Product stored as per temperature requirement



Follow FIFO or FEFO



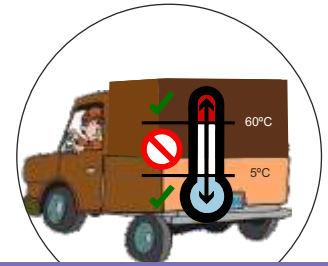
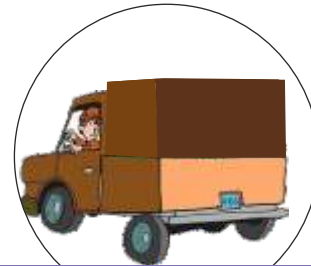
Keep your containers atleast 15cm above the ground.

Note- FIFO- first in first out- use items first which are bought first
FEFO- first expire first out- use items first with a closer expiry date

Food Handling



Transport



Do not open the sealed containers till being served. Conveyances and / or containers used for transporting / serving foodstuffs shall be non-toxic, kept clean and maintained in good condition in order to protect foodstuffs from any contamination.



10 Important Points of Food Preparation Area

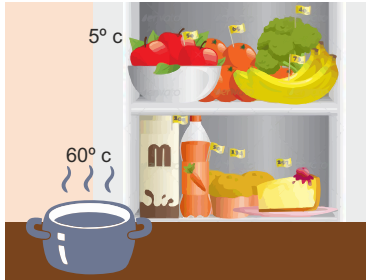


1. Keep food preparation area clean and should be kept well maintained
2. Do not spray insecticides/ do pest control while food preparation
3. Wall should be smooth, light colored, non-absorbent and easy to clean. There should be no paint flaking from the walls in the kitchen area.
4. Ceilings and walls should be kept clean. There should be no cobwebs in the food preparation area
5. Windows should be covered with shatter proof glass and a wire mesh.
6. Staff should wear clean uniform, headgear/ cap and wash hands before handling food. Staff should maintain personal hygiene
7. All equipment should be well maintained
8. There should be no wire/ electrical fittings hanging from the ceiling
9. There should be a proper hand wash facility in the food preparation area
10. Covered garbage bins with food operated pedals should be used in food preparation area. These garbage bins should be emptied and cleaned regularly.

Serving



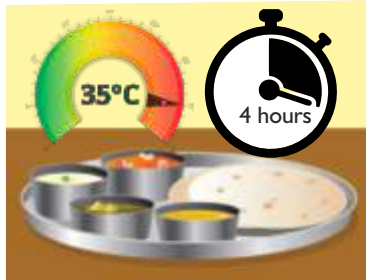
Keep the serving area and equipments clean.



Cooked food meant to be served hot must be kept above 60°C & cold food must be held below 5°C.



Do not touch cooked food with bare hands.



Food should be consumed within 4 hours if to be kept at room temperature.

Cleaning and Sanitation



Floor of the kitchen and slab to be cleaned everyday. All surfaces should be smooth to avoid contamination.



Adequate waste drainage facility to be there to avoid contamination. Drains should be properly cleaned.



Keep the serving area and equipments clean.



Keep the serving area and equipments clean.

Cleaning and Sanitation



Pre-cleaning – Scrape and rinse to remove loose food.



Wash - Use detergent solutions to remove stuck-on food.



Rinse to remove food & detergent



Air Dry

Waste Disposal



Food



Non-Food

Keep different dustbins for food and non-food waste.



- Dispose the garbage every day.
- Clean & sanitize the dustbins regularly.



Do not overfill the dustbin

Pest Control

- Conduct pest control regularly.
- Take all-round action for pest control.



Food Safety Display Board

Display FSDB at prominent places in the food premise.



(Please Mention Your License/Registration no.)

Restaurant

With Us You Will Get Safe Food

We Follow These 12 Golden Rules

Hygiene Rule Codes		Hygiene Rule Codes	
1	Keep premise clean and have regular pest control	7	Wear clean clothes/ uniform
2	Use potable water for food preparation	8	Wash hands before & after handling food and after using toilets, coughing, sneezing, etc.
3	Cook food thoroughly. Keep hot food above 60°C and cold food below 5°C	9	Use water proof bandage to cover cuts or burn wounds
4	Store veg & non veg food, raw & cooked food in separate containers	10	Do not handle food when unwell
5	Store cold food below 5°C and frozen products at -18°C or below	11	Use clean and separate dusters to clean surfaces and wipe utensils
6	Use separate chopping boards, knives, etc. for raw cooked & veg/non veg food	12	Keep separate & covered dustbins for food waste

If any concern

Give your Feedback to Company Name

Call toll free
1800 112 100

SMS or Whatsapp
9868686868

Always quote FSSAI Number for quick action

(Company Name)

(Contact Details)



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