

**The most important way
to prevent food poisoning
is to wash your hands properly**

To guide you through some of the recipes
videos are available online at:

www.loafcatering.com/video



If you are interested in joining Loaf Cookery Club
and would like more information you can call us
or visit our website for more details:

Tel: 028 9043 6400

www.nowgroup.org

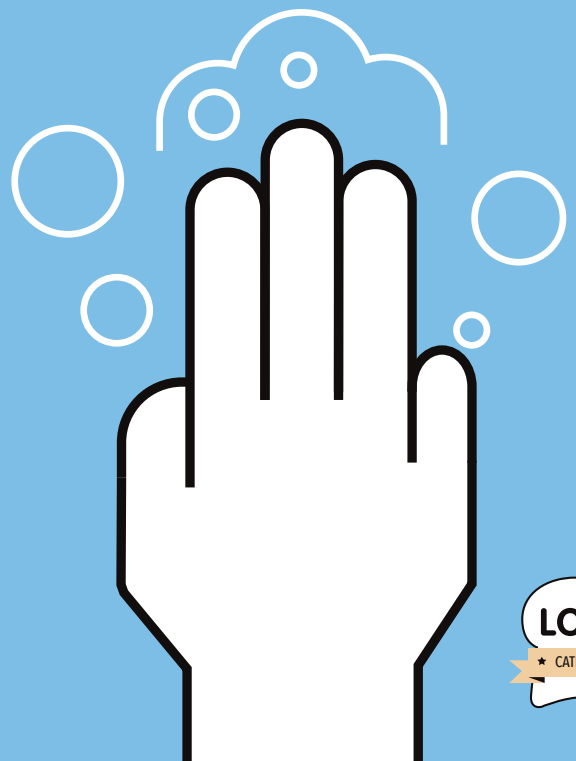


FOOD WITH PURPOSE

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HYGIENE



1. Personal hygiene

The most important way to prevent food poisoning is to wash your hands properly.

Personal hygiene is defined as:



Keeping yourself clean
Includes: hair, body and
especially the hands



Avoiding poor
personal
hygiene habits



Wearing clean, protective
outer clothing and
appropriate headgear

2. Why is personal hygiene important?



It prevents food poisoning
and contamination



To comply
with the law



Keep up
your appearance

3. When should hands be washed?

BEFORE

- Starting work
- Handling food, especially if cooked or ready-to-eat, as the product will receive no further treatment to eradicate bacteria
- Changing from one job to another e.g. between handling money and preparing food

AFTER

- Using the toilet
- Handling raw meat
- Sneezing, coughing, blowing your nose
- Touching eyes, nose, face, hair, mouth, cuts
- Smoking, coffee/lunch breaks and cleaning duties
- Handling money or waste

