Food Hygiene Tips

Food hygiene tips during the coronavirus disease (COVID-19) outbreak *

While at present there is no evidence of food or food packaging being associated with the transmission of coronavirus disease (COVID-19), it may be possible that people can become infected by touching a surface or object contaminated by the virus and then touching their face.

The higher risk though, comes from being in close contact with other people while food shopping or receiving a food delivery. As always, good hygiene is important when handling food to prevent any food-borne illnesses.

Remove any unnecessary packaging and dispose into a waste bin with a lid.

Packaging like cans can be wiped clean with a disinfectant before being opened or stored.

Wash your hands with soap and water for at least 20 seconds, or use an alcohol-based hand rub, immediately afterwards.

Wash unpackaged produce, such as fruit and vegetables, thoroughly under running water.

General food hygiene tips

- Wash your hands thoroughly with soap and water for at least 20 seconds before preparing any food.

- User separate chopping boards to prepare uncooked meat and fish.

- Cook food to the recommended temperature.

- Where possible, keep perishable items refrigerated or frozen, and pay attention to product expiry dates.

- Aim to recycle or dispose of food waste and packaging in an appropriate and sanitary manner, avoiding build-up of refuse which could attract pests.

- Wash your hands with soap and water for at least 20 seconds before eat-ing and make sure your children do the same.

- Always use clean utensils and plates.