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**Safe Food .. Saves Food**



## Four Golden Rules to Enhance Food Safety & Reduce Wastage of Foods

- Rule # 1: Buy safe foods and Plan ahead.
- Rule # 2: Transport foods safely.
- Rule # 3: Store foods safely.
- Rule # 4: Limit the time.



## Rule # 4: Limit the time:

- Dear Consumer: COOK FRESH AND EAT FRESH”
- Do not cook food too much in advance.
- If you do not have the facility to keep food above 60<sup>0</sup>C, such food should be consumed within 2 hours after preparation.
- Cooked food left at room temperature for more than 2 hours should be discarded.

# Best Regards

Food Safety Awareness

Studies & Food Planning Section

Food Control Department

