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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 # 3: Store Food Safely :

- Dear Consumer: A simple rule to prevent food poisoning is to keep **“HOT FOOD HOT AND COLD FOOD COLD”**.
- Keep cold foods such as milk, fresh juice, cold cut meat and any other chilled product cold below 5°C
- Hot food such as cooked rice and meat should be held hot above 60°C after cooking until consumption.
- Dry foods should be stored in a clean and dry place (not more than 30°C) but not in rooms that are humid and warm.

Best Regards

Food Safety Awareness

Studies & Food Planning Section

Food Control Department

