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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 # 2: Store Food Safely :

- **Dear Consumer:** Foods should be transported as soon as possible and protected from contamination and temperature abuse.
- Hot foods should be held hot above 60°C and cold foods should be held cold below 5°C.
- If this is not possible, foods should be eaten within 2 hours after preparation.



# Best Regards

Food Safety Awareness

Studies & Food Planning Section

Food Control Department

