Food Handler’s Do’s and Don’ts

Who are Food Handlers?
He or she who handles food for:
- Procuring
- Cleaning
- Cooking
- Processing
- Displaying
- Transporting
- Delivering
- Serving
- Packaging
- Storing
- Preserving
Personal Codes

Do's

• Inform work supervisor if suffering from food borne illness, skin injuries or sores or otherwise unwell.

• Bandages or dressing on exposed parts of the body must be covered with waterproof covering.

• Dry hands thoroughly with a single-use towel or hand dryer.

• Wash hands (20 seconds) with soap and water.

• Trim and clean finger nails.

• Change disposable hand gloves.

• Wear clean and washed clothes.

• Tie or cover hair.
**Personal Codes**

**Don’ts**

- Don’t wear jewellery on fingers and wrist.
- Don’t touch food with open wound on hand.
- Don’t smoke or chew tobacco near food area.
- Don’t sneeze, cough, spit or talk while handling food.
- Don’t sneeze, blow your nose, spit or cough while handling food and near the area.
Food Handling Codes

Do's

- Use good quality and fresh raw materials.
- Keep raw & cooked food and veg & non veg food separately.
- Keep all food covered.
- Use clean utensils and equipments.
- Keep food service area (Kiosk/counter/table) clean.
- Use clean wash cloth, straining cloth, towel, napkins etc.
- Minimize bare hand contact - use scoops, tongs, ladle or spoon for handling ready-to-eat food.
- Separate chopping/cutting boards should be used for vegetarian and non-vegetarian food to prevent cross-contamination.
Food Handling Codes

**DON'TS**

- Don’t keep cooked food at room temperature for more than 2 hours.
- Don’t mix leftover food with fresh food.
- Avoid unnecessary contact with ready to eat foods.
- Don’t touch currency, mobile etc. while handling food.
- Don’t touch inner side of the glass or plate with finger.
- Utensils, kiosks, counters, tables etc. should not be damaged.
- Don’t place food on or near the ground in open containers.
- Don’t eat or drink whilst handling food.
Water & Ice Usage Codes

**Do's**
- Use safe running water.
- Store water in covered containers with side tap.
- Clean the water container thoroughly at the end of the day.
- Store ice for storage and consumption separately.

**DON'TS**
- Do not dip hand in the water container.
- Do not re-use stagnant water.
- Do not scoop ice by hand.
Environmental Codes

**Do's**
- Wash and sanitize all surfaces and equipments used for food preparation.
- Protect cooking areas and food from insects, pests and other animals and use covered garbage bins.

**Don'ts**
- Do not handle food near any unclean area viz. open drain, garbage vat, latrine etc.
FOOD HANDLERS CODES FOR SAFE FOOD:

- Personal Hygiene
- Food Hygiene
- Water Usage
- Environmental Hygiene

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Yellow Series - Basics of Food Safety