General Principles for Safe Handling of Food
Basic Principles of Food Safety

1. Procurement of Raw Food
   • Fresh - buy from reliable and authorised/registered shop.
   • Free from physical abrasion, odour, fungal growth and other apparent defects.
   • Not to purchase food after Best Before/Use By date.

2. Washing of Raw Food
   • Use safe and potable running water.
   • Thorough cleaning.
   • Wash fruits and vegetables carefully, if eaten raw.
3. **Storage of Raw Food**

- Storage area should be cool, clean, dry, well-ventilated and well-lit.
- Refrigerate perishable food within 2 hours.
- Proper storage temperature to be maintained (below 4°C for chillers and -18°C for freezers).
- Use FIFO (First In First Out) and FEFO (First Expired First Out) rotation.
- Store raw food separately from cooked food.
- Store vegetarian and non-vegetarian food separately.
- Use deep freezer for longer storage.
4. **Use of Safe Water and Ice**

- Use safe and clean running (potable) water.
- Store water in a covered container with a side tap.
- Ice used for storage not to be used for consumption.
- Do not re-use wash water for washing food or equipment.
- Regularly clean and disinfect water storage tanks.
5. Cooking or Processing of Food

- Cook food thoroughly.
- Keep food out of the danger zone (4.4°C - 60°C).
- Leftovers should be heated, only once, 74°C for at least 15 seconds within 2 hours.
- Always keep cooked food in covered containers.
- Use safe ingredients and potable water.

6. Eating and Serving of Food

- Wash hands (20 secs) with soap and water.
- Use clean and food grade utensils, equipment, kiosks, tables etc.
- Keep food covered.
- Serve food in clean environment.
- Do not reuse disposable items.
7. **Storage and Packaging of Cooked Food**

- Use proper food grade utensils and packaging material.
- Refrigerate promptly all cooked and perishable food.
- Store ready to eat food above the raw foods, inside refrigerator.
- Do not overcrowd the refrigerator.
- Do not thaw and re-refrigerate again.
8. **Environmental Cleanliness**

- Wash wiping cloth regularly in hot water.
- Effective pest control should be carried out regularly.
- Food handling areas should not be in contact with toilets/garbage areas.
- Use standard detergents and Disinfectants for cleaning
- Keep Garbage bins well covered and clean regularly.
Keys to Food Safety

GOOD RAW MATERIALS
CLEAN HANDLING
THOROUGH COOKING
SAFE STORAGE
SAFE WATER
SAFE FOOD HANDLING AREA

FOOD SAFETY & STANDARDS AUTHORITY OF INDIA
FDA Bhavan, Kotla Road, New Delhi -110 002

Yellow Series - Basics of Food Safety