Healthy Eating and Safe Food Handling

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Healthy eating helps

- protect you, your family and community from sickness
- keeps you, your family and community strong, healthy and happy

Healthy eating means

- having a balanced diet
- drink lots of water
- use alcohol moderately

Safe food handling

- needs good personal hygiene
- follow workplace rules
- wash your hands thoroughly before and after handling food
- when handling food, use gloves to protect food
- cover and store food at recommended temperatures

Personal cleanliness

- tie long hair back or cover it
- wear clean protective clothing
- store personal items and spare clothes away from food
- cover sores, scratches and cuts
- if you are sick do not go to work or near any food