Shafaq™

COOKING OIL

Food safety:
prepare for
the unexpected

World **Food Safety** Day

Safe Oil
Safe Food



Manufactured as per
WORLD HEALTH ORGANIZATION'S
Codex Alimentarius International Food Standards

Food Safety is everyone's business at home

The Importance Of Food Safety

- An estimated 600 million – almost 1 in 10 people in the world – fall ill after eating contaminated food and 420,000 die every year.
- Children under 5 years of age carry 40% of the foodborne disease burden, with 125,000 deaths every year.
- Foodborne illnesses are usually infectious or toxic in nature and caused by bacteria, viruses, parasites or chemical substances entering the body through contaminated food or water.
- Foodborne diseases impede socioeconomic development by straining health care systems, and harming national economies, tourism and trade.
- Safe food is critical, not only to better health and food security but also for livelihoods, economic development, trade and the international reputation of every country.
- Climate change is associated with altered geographic occurrence and prevalence of food safety hazards.
- An estimated 1.3 million people around the world die each year directly due to bacterial antimicrobial resistance (AMR).

What Are The Benefits Of Food Safety For Families?

- **Improved child growth and development.**
- **Increased school attendance and work productivity in adult life.**
- **Reduced medical expenses.**
- **Increased work attendance and earning potential for adults and lower costs for care of sick.**
- **Improved uptake of nutrients from food, promoting long-term health.**

How to Achieve Food Safety at Home



Keep Clean. Wash your hands with soap and clean water before handling food and often while preparing food. Germs are easily transferred from hands to food during meal preparation and consumption.



Separate Raw and Cooked. Raw meat, poultry, seafood and eggs can spread illness-causing bacteria to ready-to-eat foods. Cutting boards or utensils used with raw meats must never be re-used for ready-to-eat foods like fruits and vegetables without first thoroughly cleaning and sanitizing them



Cook Thoroughly. Check that the core temperature of the cooked dish or food reaches at least 70°C, especially meat, poultry, eggs and seafood. When you use the food thermometer, make sure you place it in the centre of the thickest part of the food.



Keep Food at Safe Temperatures. Bacteria that cause food poisoning multiply quickest in the temperature "danger zone" -between 5°C and 60°C. Therefore, keep food below 5°C and above 60°C. Chill food promptly and properly



Avoid Confusion and Ensure Freshness of food by labelling and dating stored ingredients and prepared foods.



Use Clean Utensils and disinfect surfaces and cleaning material. To make a sanitizing solution, mix 5 ml of household bleach in 750 ml of water. Alternatively, you can use boiling water to sanitize utensils.

SHAFAQ'S
PROMISE OF FOOD SAFETY

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