

Why food hygiene matters



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WORLD HYGIENE SAFE FOOD HEALTHY LIFE



A guide to protecting yourself and your loved ones from hidden germs, with straightforward tips you can start using today.

Five keys to safer food

- Getting sick from food is more common than you think. The good news is that most food illnesses can be prevented with simple, everyday habits. Whether you are cooking for a family or just for yourself, following a few easy rules can keep you and your loved ones healthy.
- Based on guidance from the World Health Organization (WHO), the following five principles are the foundation of food safety at home.



1. Keep everything clean

Germs are invisible, but they can spread easily.

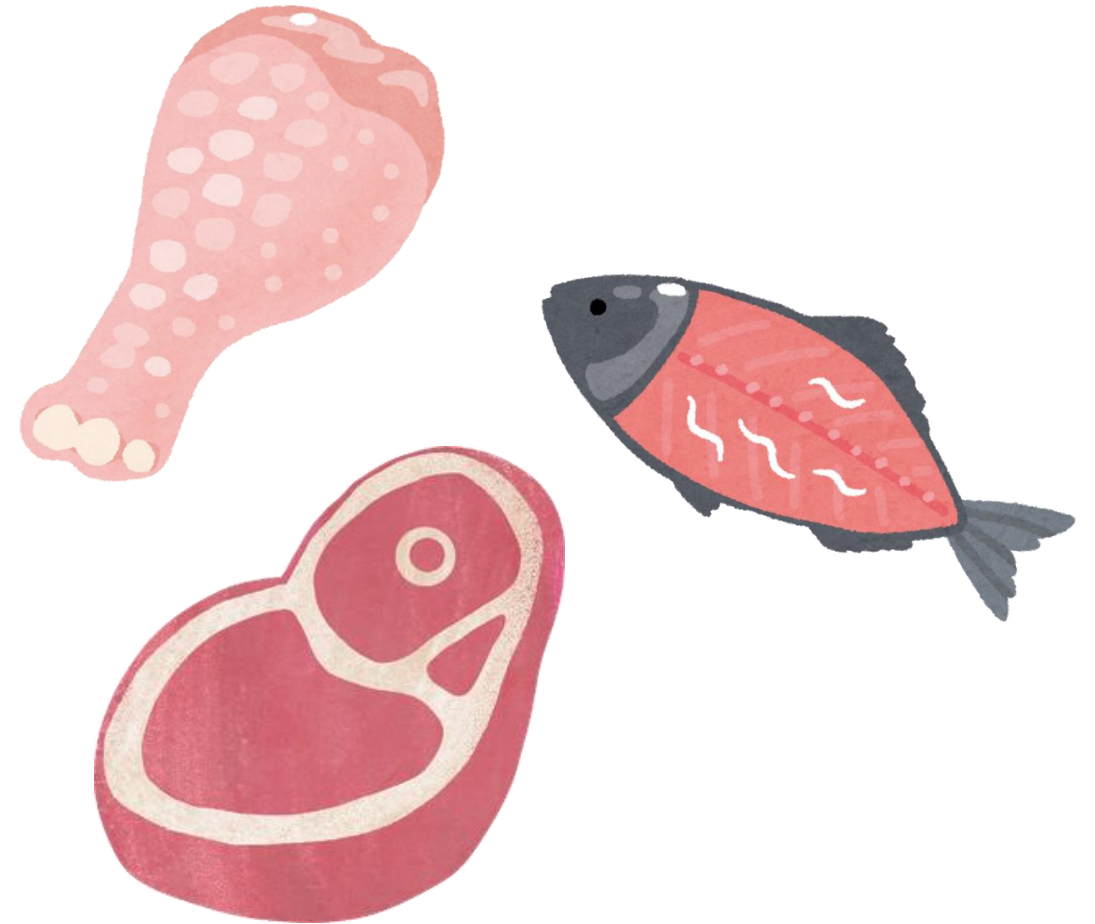
- **Wash hands** with soap and water for at least 20 seconds before cooking and before eating. Always wash them after touching raw meat or using the bathroom.
- **Wash surfaces, knives and cutting boards** with hot, soapy water after every use.
- **Keep bugs and pets away** from kitchen counters and food.



2. Keep raw foods apart

Raw meat, chicken and seafood have juices that can make you sick if they touch other foods.

- **At the store**, keep raw meat and chicken separate from other items in your cart.
- **In the fridge**, store raw meat and chicken on the bottom shelf so their juices do not drip onto fruits, vegetables, or leftovers.
- **Use different cutting boards** for raw meat and for foods that are ready to eat, like vegetables or bread.



3. Cook food well

Heat kills germs. The only way to know your food is safe is to cook it to the right temperature.

- **Cook food to a safe internal temperature.**
Use a food thermometer to be sure:
 - Poultry (chicken, turkey): 74°C
 - Ground meats (beef, pork, lamb): 71°C
 - Whole cuts of meat (beef, pork, lamb): 63°C with a 3-minute rest
 - Fish: 63°C or until it flakes easily with fork
 - Eggs: Cook until the yolk and white are firm
- **Reheat leftovers** thoroughly to 74°C.



4. Keep cold food cold

Germs grow quickly when food is left out at room temperature.

- **Follow the 2-Hour Rule:** Refrigerate perishable foods within 2 hours (or 1 hour if the temperature is above 32°C).
- **Keep your fridge at 4°C** or below and your freezer at -18°C
- **Thaw food safely** in the refrigerator, in cold water, or in the microwave—never on the countertop.
- **Don't overfill the fridge.** Cool air needs to flow throughout to keep food safe.



5. Choose safe foods and wash them well

The quality of your ingredients matters.

- **Choose pasteurised milk and juices.**
- **Wash fresh fruits and vegetables** under running water, even if you plan to peel them. Scrub firm items like melons and potatoes with a clean brush.
- **Avoid raw or undercooked** meat, poultry, eggs, and seafood, especially for high-risk individuals such as pregnant women, young children and older adults.



When in doubt, throw it out!

If food looks strange, smells bad, or you cannot remember how long it has been in the fridge, do not taste it. Throw it away. It is not worth the risk



Food-specific safety tips

FOOD TYPE	WHAT TO AVOID	WHAT TO DO INSTEAD
Meat, chicken and fish	Raw Or undercooked	Cook until well done; use a thermometer if you have one
Milk and cheese	Unpasteurized (raw) milk; soft cheeses made from raw milk (brie, feta)	Always choose pasteurised milk and cheeses
Eggs	Foods with raw/undercooked egg (cookie dough/eggnog)	Use pasteurized eggs ; cook eggs until firm. Most pre-made items are safe
Hot dogs/deli meats	Eating them cold, straight from the package	Reheat until steaming hot to kill listeria
Leftovers	Keeping them in the fridge too long	Eat leftovers within 3-4 days or freeze them. Always reheat until steaming hot



- **References:**

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