8 Cs for Safe Food

CHECK
FSSAI logo, date of expiry and signs of spoilage

COVER
food and store in cool, dry, clean, well-ventilated places away from sunlight

CURB
contamination by separating raw and cooked food; vegetarian and flesh foods

CLEAN
fruits, vegetables, grains with potable water before cutting and cooking

COOK
and reheat food thoroughly

CONTROL
temperature: Serve hot foods hot and cold foods cold

CONSUME
food within two hours of cooking else refrigerate

CUT-OUT
newspapers & polythene. Use only food-grade ceramic, glass and stainless steel to serve and pack food

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