

FSSAI Comes Up Do's, Dont's For Chefs, Food Handlers

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New Delhi: With the impact of COVID-19 becoming the key challenge for every Indian citizen, the food regulation body Food Safety and Security Authority of India (FSSAI) has recently come up with an advisory for the chefs and food handlers. The

advisory, launched recently, touches upon aspects like preparation, pre-preparation, procurement of vegetables and other cooking items, handling currency and more.

Do's

Essentials for the personal hygiene

1. Take bath daily before reporting to work.
2. Wear clean and protective clothing, clean aprons, hand gloves, and head wear appropriately
3. Keep hands clean and nails trimmed. Wash hands with soap and clean (potable) water
 - 3.1 before starting work;
 - 3.2 after handling chemicals;
 - 3.3 after handling incompatible food products (for example, raw versus cooked or ready- to eat) or contaminated materials;
 - 3.4 after breaks; after using toilet facilities.
 - 3.5 after coughing or sneezing or blowing their nose; and
 - 3.6 after using telephone/cell phones, handling currency
 - 3.7 after smoking in designated areas etc.

Precautions

1. Cover wounds/ burns etc. with waterproof bandages.
2. Keep food premises clean, well ventilated, well ventilated and no water stagnation is allowed.
3. Carefully inspect fruits, vegetables etc. for freshness and quality before purchasing.
4. Procure packaged products from FSSAI licensed/registered vendors only.
5. Clean cooking surface before starting work.

6. Maintain temperature for selling chilled beverage & cold dessert, appropriate temperature shall be maintained.

7. Use clean (potable) water for washing, food preparation, drinking, cleaning of utensils, etc. In case storage is required then it should be stored in clean containers.

8. Segregate raw/cooked and vegetarian/non-vegetarian foods at all times to avoid cross-contamination.

9. Cook and reheat food at right temperature for adequate time.

10. Use equipment, containers, utensils, chopping boards, knives, cutlery, and serving spoons, of food-grade quality. Sanitize the equipment's before use.

11. Provide facility for hand wash to customers away from food preparation and service area.

12. Dispose waste regularly. Keep bins covered and clean them regularly.

Don'ts

1. Handle food when sick.

2. Wear jewelry such as earring, bangles, rings, etc. while handling food, as they carry germs which may contaminate food.

3. Prepare or sell food in an area prone to pollution such as effluent water, heavy smoke, hazardous waste and more.



4. Store hazardous substances such as fuel, chemicals, etc. near the food preparation area.

5. Use loose oil or spices.

6. Keep food at room temperature for more than 4 hours. Do not resell leftover food the next day. It shall be discarded the same day.