Prevent Bacterial Food Poisoning!

Food poisoning due to bacteria is more common in the summer.

To prevent bacterial food poisoning at home, pay attention to the following six points.

1. Stop bacteria!
2. Don't let bacteria multiply!
3. Kill bacteria!

1. Purchasing food

A) Check the expiration date and other labels.
B) Wrap meat and fish separately, and use ice packs.
C) After purchasing food, go straight home.

2. Storage at home

A) Refrigerate immediately upon returning home.
B) Keep temperatures in the fridge at 10℃ or less and the freezer at -15℃ or less, and minimize the time that the door is open.
C) Wrap and store meat and fish, so that the juices do not leak.

3. Preparation

A) Regularly wash your hands, and use clean towels and dishcloths.
B) Disinfect knives and cutting boards with boiling water after cutting meat or fish.
C) Keep meat and fish separate from foods to be eaten raw.
D) Thoroughly wash vegetables.
E) Regularly dispose of garbage.

4. Cooking

A) Wash your hands before starting and keep the kitchen clean.
B) Heat fully!!(The center should be 75℃ for at least 1 min)
C) Put food in the refrigerator if you stop in the middle of cooking.

5. Eating

A) Use clean dishes and utensils.
B) Wash your hands before eating.
C) Do not leave food at room temperature for a long time.

6. Leftovers

A) Store in clean utensils and containers.
B) Make smaller portions for faster cooling.
C) When reheating, heat fully(75℃ or higher).
D) If you have concerns about food being old, do not hesitate to dispose of it.

Ehime Prefecture