Prevent Bacterial Food Poisoning!

> **Food poisoning due to bacteria is more common in the summer.**
>
> Improve sanitation to prevent food poisoning.

3 points to prevent food poisoning

1. Do not contact bacteria.

✓ Health and cleanliness of the persons who produce or cook the food.

✓ Extermination of rats, cockroaches, etc.
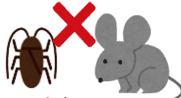
✓ Prevention of cross contamination from cooking utensils to foods

✓ Prevention of secondary contamination from raw meat, fishes and shellfishes, vegetables and other raw materials to cooked foods

2. Do not allow bacteria to multiply.

✓ Check the temperatures of **refrigerators (under 10℃)** and **freezers (under -18℃)**
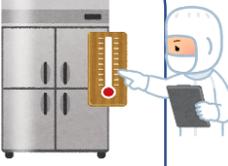
✓ The storage temperature for foods to be eaten hot is over 65℃ , and under 4℃ for sashimi, etc.

✓ Eat all cooked foods left in room temperature within 2 hours.

✓ Use the food delivered earlier. (first-in, first-out)

3. Kill bacteria.

✓ Heat meat until the meat juice turns transparent and the meat color turns brown. (**temperature at the center: 75℃ , heating over 1 minute**)
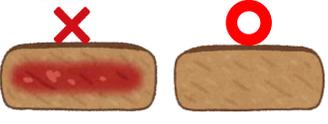
✓ Thoroughly heat eggs and fishes/shellfishes. (**temperature at the center: 75℃, heating over 1 minute**)

✓ When you cook stew or curry roux in bulk, pour it into a flat vat with a large bottom area and cool it quickly.
Thoroughly reheat it before eating.

Ehime Prefecture