

This brochure will give you short information about the main rules of Food Safety and Hygiene. This is a short extract from the Food Safety and Hygiene Textbook, which contains more detailed information. The textbook is available on the foodTR project website (<http://lms.foodtr.org>), where you can also find free learning materials on other topics.



In the textbook we have collected and presented in a simple, easy-to-understand form the main guidelines, rules, methods with the knowledge and adherence of which we can start to prepare homemade foods for sale more boldly. In addition to the “dry” curriculum, the book also contains a number of practical ideas and tips for making safe and healthy meals easily.

[lms.foodtr.org](http://lms.foodtr.org)




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“Funded by the Erasmus+ Programme of the European Union. However, European Commission and Turkish National Agency cannot be held responsible for any use which may be made of the information contained therein”

Practical Guide for

# FOOD SAFETY AND HYGIENE



**FOODTR**

2020-1-TR01-KA204-092828



## FOOD REGULATIONS

First of all, if you want to sell food produced at home, it is important **to be aware of the food laws in your country**.

The basic rules in the European Union on the general principles and requirements of food law, establishing the **European Food Safety Authority** and laying down procedures in matters of food safety are laid down in **Regulation (EC) No 178/2002** of the European Parliament and of the Council.



*You can find a collection of food regulations for each country in the Textbook on the foodTR website!*

## PERSONAL HYGIENE

One of the most fundamental components of food safety is the personal hygiene of the person preparing the food.

Personal hygiene means all the conditions and activities that can be used to prevent pathogens or contaminants from coming into contact with food. During food preparation, bacteria can also be transferred from raw materials to the hands of people involved in the preparation and cooking of food and subsequently to other surfaces.

## HAND WASHING



Always wash your hands:

- ✓ before, during, and after cooking
- ✓ before meals
- ✓ before and after cutting or wound treatment
- ✓ after he went to the bathroom
- ✓ after using the toilet
- ✓ after blowing your nose, coughing, sneezing
- ✓ after touching dirty surfaces or objects
- ✓ after handling pets or animal-related objects

Before hand-washing, remove all your hand jewelry. Wet your hands with clean, running water and apply soap. Lather your hands by rubbing them together with the soap. Wash all areas thoroughly for at least 20 seconds (wrists, back of your hands, between fingers, under your nails). If necessary, use a nail brush. Rinse your hands under clear, running water and dry them using a clean towel or air dry them.

## ECO FRIENDLY CLEANING

*In addition to personal hygiene, another key factor in food safety is the hygiene and cleanliness of the kitchen or cooking area.*

Instead of using environmentally harmful chemicals, a few simple, well-known substances and tools can achieve super cleaning results.

## VINEGAR, CITRIC ACID

These two substances have a similar field of application:

- ✓ limescale remover, mold remover
- ✓ disinfectant - you can use it to clean surfaces
- ✓ cleaning glass and window surfaces
- ✓ use it instead of rinse aid



How to use it? Diluted with water and filled into a bottle, we can spray directly on the surface with a reused detergent bottle. During descaling, leave the appliance to soak in the vinegar for a longer time. Moreover, it can be added directly to the washing water. In the case of citric acid, wait until it dissolves in the water.

## BAKING SODA

It can be used during cleaning as an excellent alternative for washing, bleaching, and stain removing. Furthermore, we can use it as:

- ✓ abrasive
- ✓ degreaser
- ✓ deodorizer (e.g. refrigerated in a small bowl or sprinkled on shoes)
- ✓ to make dishwashing tablets

**More info: [lms.foodtr.org](https://lms.foodtr.org)**

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