

## **Good Food Hygiene Tips for residents preparing food under HDB/URA's home-based small scale business scheme**

### **General**

- The food prepared should be for friends and family only. Food should not be sold to retail food outlets.
- All food preparation activities should be confined to the kitchen. Food should not be prepared or stored in any other room including bedrooms and living rooms.
- Do not keep any pets (such as dogs, cats, etc.) that can roam freely in the house.
- Children and infants should not be allowed in the kitchen area during food preparation.
- Do moderate your incoming orders and avoid taking orders of large quantity
- No commercial-grade cooking equipment should be installed. If you need more and bigger equipment to accommodate to a larger number of clients, you should shift to a proper food premises to operate.

### **Practise good personal hygiene**

- Wash hands with water and soap after handling raw food, before handling cooked or ready-to-eat food, after visiting the toilet and after handling waste, and frequently during food preparation
- Use gloves/utensils to handle ready-to-eat food
- Do not handle food when feeling unwell

### **Use safe food ingredients**

- Obtain food supplies from licensed or approved sources
- Ensure that ingredients used are fresh, stored at proper temperatures and have not passed their expiry dates
- Clean and wash ingredients thoroughly.

### **Store food safely**

- Store food in covered containers
- Store raw food in tightly sealed containers below ready-to-eat/ cooked food in the refrigerator
- Keep perishable foods refrigerated or frozen until they are used.

### **Defrost Food Safely**

- Thaw food thoroughly before cooking.
- Prepare thawed food right away and do not refreeze thawed food.
- Thaw only the amount of food you require for cooking.
- Thaw food either in the refrigerator, microwave oven or under running water
- Do not re-freeze food that has been thawed

### **Prepare Food Safely**

- Use separate gloves, equipment & utensil (e.g. chopping board) for handling and storing raw or undercooked food and cooked or ready-to-eat food
- Cook food thoroughly
- Keep hot foods hot and cold foods cold
- Do not cook food too early. All cooked food should be refrigerated or frozen within 2 hours after cooking.

### **Keep Your Kitchen Clean**

- Wash and dry knives and chopping boards thoroughly after every use and especially between cutting raw meat, fish and poultry and cutting cooked and ready-to-eat food.
- Clean all surfaces and equipment regularly
- Keep refrigerator clean
- Protect kitchen areas from pests
- Practise good refuse management