

Food Safety

DURING THE NEW NORMAL

*Courtesy of Josefina T. Gonzales, Science Research
Specialist II Article
(DOST-FNRI Menu Guide Calendar 2022)*



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Whilst COVID-19 is not a foodborne illness, it is a major threat to public health, including to consumers and food workers.

Therefore, it is necessary to take measures to protect and contribute in avoiding and minimizing the spread of the virus.



Food Safety Tip no. 1

Buy in a grocery, a nearby store or talipapa when there are fewer people and observe physical distancing at least two meters away to be safer.



Food Safety Tip no. 2

Reduce number of trips to grocery store and make a grocery list. Organize from non-perishable to perishable items to save time.



Food Safety Tip no. 3

Buy the non-perishable items first like canned good, pasta, rice and condiments. It has longer shelf life





Food Safety Tip no. 4

Read the labels and
check the nutrition
information, expiry
date and signs of
damages.

Nutrition Facts

Serving Size oz.

Serving Per Container

Amount Per Serving:

Calories

Calories From Fat

% Daily value*

Total Fat

%

Saturated Fat

%

Trans Fat

Cholesterol

%

Sodium

%

Total Carbohydrate

%

Dietary Fiber

%

Sugars

Protein

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on you calorie needs.

Food Safety Tip no. 6

Home delivery is an option but take extra precaution. Ask the delivery man to leave the groceries in a safe spot to disinfect before carrying these inside the house.



Food Safety Tip no. 7

Wiping canned goods and packaged food with clean cloth washed in soap and bleach is better. Kitchen is kept clean at all times.



Food Safety Tip no. 8

Always wash utensils before use as insects and rodents like cockroaches, rats and ants might have crawled on them. Regularly clean countertops and handles of cabinet and refrigerators.



Food Safety Tip no. 9

Wash hands before eating. Try to reheat food in the microwave or toaster to kill the virus.

If take-out food items, transfer food into a clean container and, throw away the packages especially if these are not recyclable or washable with soap and water



Food Safety Tip no. 10

Be smart in stock piling
food.
Practice the principle of
FIFO (First in, First Out)





Food Safety Tip no. 10

Perishables:

Perishable foods are those foods likely to spoil, decay or become unsafe if not kept refrigerated at 40^o or (44^oc) or below, frozen at 0^of (-17.8^oC) or below

- Meat,
- Poultry
- Fish
- Vegetables
- Raw fruits

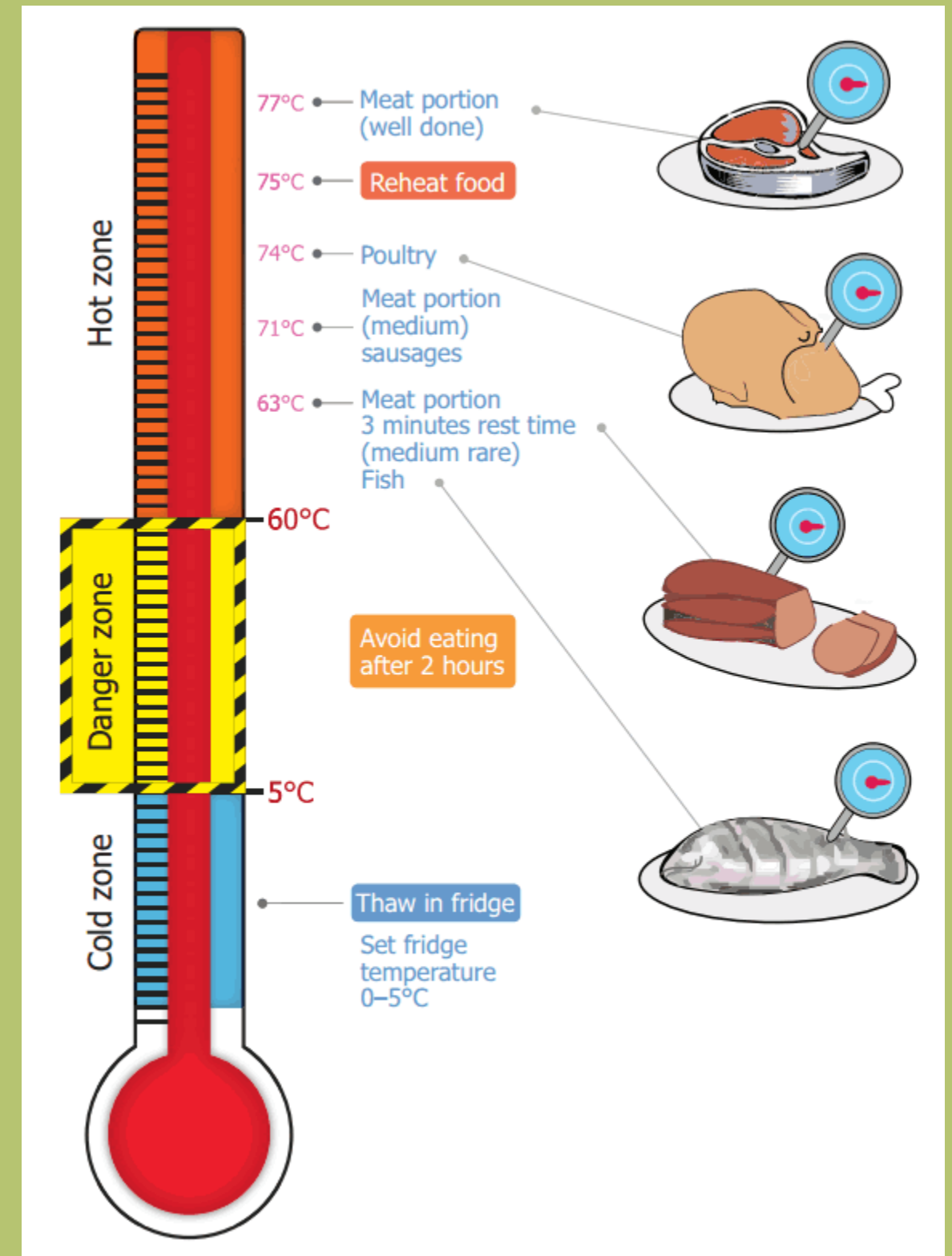
Non-perishables:

Non-perishable foods are those foods that do not spoil easily. They are foods that stay long if handled well but can lose quality if stored over along period of time.

- Beans
- Rice
- Sugar
- Spices
- Yams
- Flour
- Maize etc

Food Safety Tip no. 11

Know the ideal storage and handling of different food stuff.
WHEN IN DOUBT, THROW IT OUT



Food Safety Tip no. 12

Always Remember:

4 STEPS TO FOOD SAFETY




CLEAN




SEPARATE




COOK




CHILL

*Good health
begins on clean
and safe food.*

**THANK
YOU!**



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