A safe foodstuff is that which will not provoke illnesses in consumers.

For this forthcoming year 2004, Pan American Institute For Food Protection and Zoonoses - Pan American Health Organization (INPPAZ-PAHO/WHO), seeks to strengthen the concept of safety through the presentation of icons summarizing the different steps to prevent foodborne diseases.
HYGIENE – DRINKING WATER

Food and/or water may transmit diseases, and any person consuming contaminated food may suffer from an FBD (Foodborne Diseases).

We must wash our hands with soap and water before eating, handling or preparing food, after having come into contact with raw products, using the toilet, blowing one’s nose, touching a sick person, handling garbage and using cleaning products.

Also, we must wash and disinfect all the surfaces and equipment used during the preparation and subsequent cooking.

The water we drink must be drinkable; it may come from the public network or, if it is not available, we can ensure its quality by adding 2 drops of bleach per liter or bleach solution (a chlorinated solution of sodium hypochlorite), or we may boil it for 5 minutes.

The concentration of sodium hypochlorite that can be found in the market should have around 5% active chlorine.

In the kitchen, cleaning is not the same as disinfecting:
Cleaning is removing the dust, the remains of food and the grease from the surfaces by the use of water, detergents, etc.
Disinfecting is killing the bacteria, eliminating the dirt that cannot be seen using disinfectants, such as bleach.

Http://www.panalimentos.org
SAFE TEMPERATURES –
KEEP FOOD IN PROTECTED CONTAINERS

Let’s put cooked food and perishable food, such as meat, poultry, fish and dairy products in the refrigerator (preferably below 5°C) as soon as possible.

Let’s not leave food at room temperature, because bacteria reproduce very fast and can cause us various illnesses. The best thing is to keep them in the refrigerator at temperatures lower than 5°C, or keep them above 60°C.

Food must be kept in enclosed containers and in the refrigerator if not consumed immediately after having been cooked.

Some bacteria may multiply very quickly if the food is kept at room temperature. If the period lasts more than 2 hours, the food can gather enough microorganisms to cause diseases.

Below 5°C, growth of these microbes becomes slow; above 60°C, growth stops.
CROSS CONTAMINATION

Let’s avoid contact of raw food, with food already cooked or food ready to eat. Let’s keep food in separated containers to avoid contact between raw and cooked food.

Utensils and equipment used to handle cooked or ready to eat food, such as vegetables, and for raw food, such as meat, chicken, fish, must be, to the extent possible, different; otherwise, a good cleaning is mandatory after contact with raw food.

Raw food must be placed under the shelves where cooked food or ready to consume food has been placed, to prevent contamination within the refrigerator.

Cross contamination means the transfer of any bacteria or chemical from one contaminated food product to another a non-contaminated one.

The most common example is cutting raw meat on a kitchen board and, then, without cleaning it, cutting vegetables to prepare salad. The same thing could happen with utensils or with our own dirty hands, which transfer bacteria.
SAFE FOOD

Let’s select safe and fresh food. All the food to be consumed must come from reliable places, where its handling is hygienic.

Wash fruits and vegetables well, especially if eaten raw, using drinkable water. Cut and separate the damaged parts of vegetables.

For better safety, let’s choose food which has been treated hygienically, or which has undergone a process ensuring safety, such as pasteurized milk. Let’s avoid the consumption of homemade cheese and sausages.

Pasteurization is the process by which high temperatures are applied to food in order to destroy the microorganisms occurring in food.
Cook food completely, especially meat, poultry, eggs and fish.

Boil food such as soups and stews to ensure they reach high temperatures. Reheat completely for the same purpose food that has already been cooked and that was kept cold. The safer way to know whether food has reached a sufficiently high temperature to destroy harmful bacteria is through the use of thermometers.

Whenever we eat out, we must demand that food has been properly cooked. It is also important to ensure that meat patties do not contain pink juices.

Right cooking kills dangerous bacteria; so we must cook food in such a way that all parts reach 71° C.

Some foods, such as big pieces of beef, whole chicken, or ground beef require special cooking control to assure they will reach the proper cooking temperature in the center.
SAFE SHOPPING

It is advisable to leave for the last minute the purchase of perishable products, such as ice cream, milk, yogurt, meat, etc. To avoid the interruption of the cold chain.

Let’s select well sealed containers without damages, and perfectly clean.

It is convenient to read labels to know the handling instructions once the container has been opened, to avoid the recontamination of its content, even though cold.

JUGO DE NARANJA
Consumir antes del 12/03
13002345

Preparación
Diluir el contenido de este envase en un litro de agua.

Ingrediente
Este producto dehidratado se compone de Azúcar, sal, hortalizas y colorante natural.

Jugo de Naranja
Cant neta 70

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