

# Top 10 Tips To “Keep it Clean” — The First Step to Food Safety

1	Avoid handling food when ill, or if you have cuts or sores on your hands.
2	Handwashing how to: rub hands vigorously with soap under hot running water for 20 seconds (sing “Happy Birthday” twice to yourself). Rinse thoroughly. Dry with a paper towel.
3	Wash hands properly before and after handling food.
4	Wash hands properly after: using the bathroom; changing diapers; handling pets; touching hair and clothing.
5	Do not wipe hands on apron or clothes.
6	Clean in between: wash cutting boards, knives and kitchen utensils after preparing each food item and before you go on to the next.
7	After washing cutting boards, utensils and surfaces, sanitize with a disinfectant or a solution of water and bleach; let air dry.
8	During food preparation, never taste food with your finger; cut or ladle a small amount into a separate dish; wash the tasting dish and utensil after each use.
9	Wipe up spills on surfaces and floors immediately.
10	Dispose of trash frequently and wash hands afterwards.

Source:



**International  
Food Safety  
Council,  
a restaurant  
and foodservice  
industry coalition**