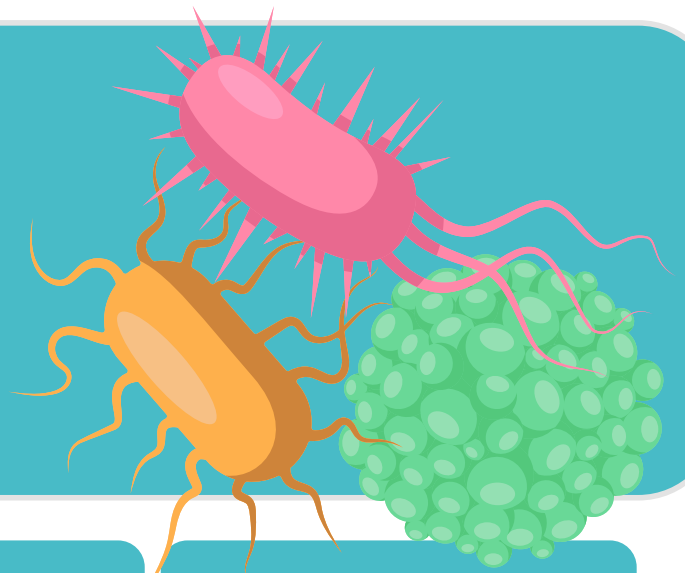


SOURCES OF BACTERIAL CONTAMINATION



Sources of bacterial contamination

Other potentially contaminated foods, such as: raw meat, raw poultry, raw fish, raw eggs, raw vegetables or fruits, pâté, cream, soft cheese, cooked dishes and sauces.



How does contamination happen?

- Store raw food (meat, poultry or fish) with cooked or ready-to-eat food.
- Allow direct or indirect contact between raw food and other foods.
- Store unwashed vegetables, still with soil, near higher-risk foods such as cooked meat, poultry, fish, eggs or dairy products.

- Use the same cutting board or the same equipment for raw and cooked foods, without washing between uses.
- Add a contaminated high-risk food (e.g. a sauce, pâté or cream) to a meal.

How to control and prevent contamination?

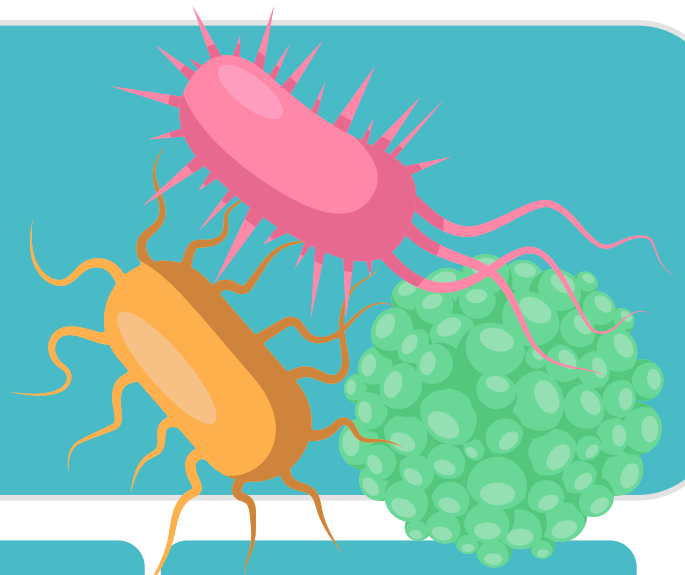
Always separate raw food from cooked or ready-to-eat food.

- Store raw food in closed containers, placed on the lower shelves of the refrigerator, to avoid dripping on other foods.
- Wash your hands thoroughly after handling raw food, such as meat, fish, and eggs.
- Ensure that food is thoroughly cooked, reaching the right time and temperature (at least 75°C is recommended).
- Use different utensils and boards for raw and cooked food or wash them thoroughly between uses.

Bacterial contamination and the risk of infection depend on hygiene practices, proper storage and correct preparation of food.



SOURCES OF BACTERIAL CONTAMINATION



Sources of bacterial contamination

Work surfaces and equipment, such as: countertops, cutting boards, knives, kitchen utensils, appliances, kitchen towels, sponges and hands in contact with contaminated surfaces.



How does contamination happen?

- Insufficient cleaning of surfaces and utensils after contact with raw food.
- Use of the same equipment (knives, cutting boards or utensils) for raw food and cooked food, without proper hygiene.
- Use of dirty kitchen towels or sponges, which accumulate bacteria.
- Contact of the preparation surfaces with external objects such as backpacks, mobile phones or bags.
- Indirect contact with domestic animals or insects that circulate in the kitchen environment.

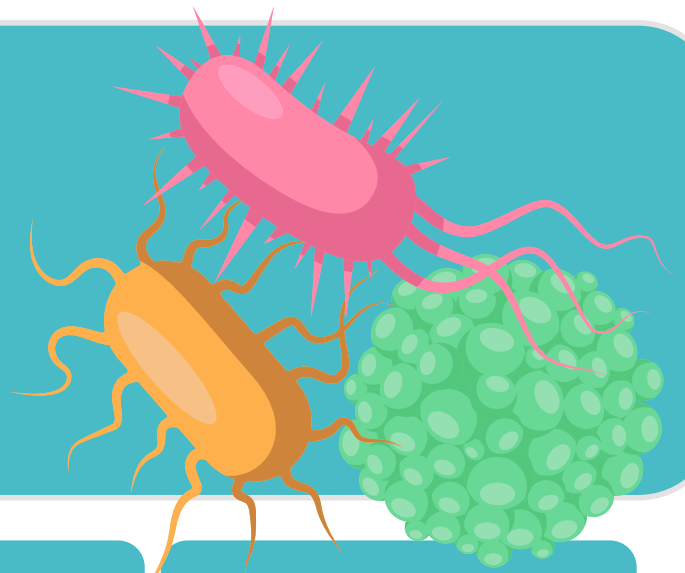
How to control and prevent contamination?

- Wash surfaces and utensils thoroughly with hot water and detergent after each use..
- Use the dishwasher whenever possible to ensure more effective cleaning.
- Dry surfaces, utensils and equipment thoroughly before storing them.
- Use different utensils for raw and cooked foods or color-code boards and knives.
- Regularly replace cloths and sponges or use disposable paper to clean liquids released by raw meat or fish.

Surfaces and utensils can act as routes of bacterial contamination if not properly cleaned and sanitized.



SOURCES OF BACTERIAL CONTAMINATION



Sources of bacterial contamination

People who prepare, cook and serve food, when they do not follow proper hygiene and food safety practices.



How does contamination happen?

- Not washing hands properly before preparing food or after using the toilet, handling animals, coughing or sneezing.
- Touch your hair, nose or face while preparing food, then touch the food or utensils again.
- Coughing, sneezing, or talking too close to food.
- Using contaminated dirty clothes or aprons during food preparation or service.
- Not complying with basic rules of hygiene and food safety.

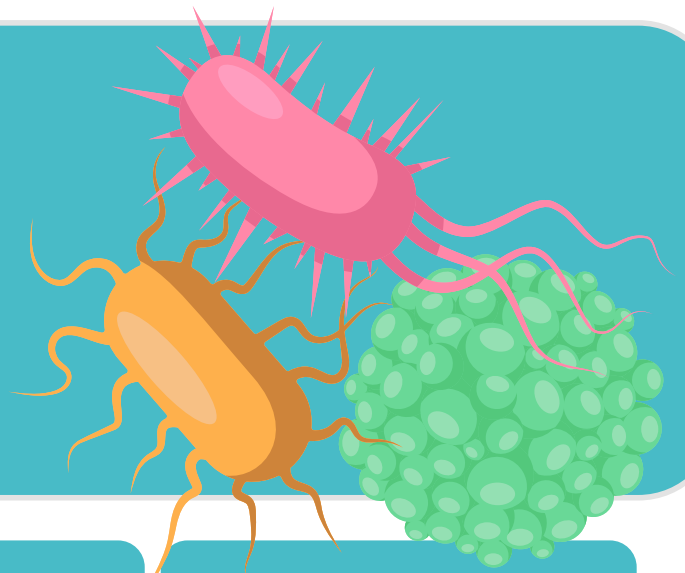
How to control and prevent contamination?

- Wash your hands thoroughly with soap and water at key times, especially before cooking and after handling raw food.
- Use utensils, such as tongs or spoons, to handle food, avoiding direct contact with your hands.
- When tasting the food, use a clean spoon to remove the portion, taste it and put it immediately to wash, without reusing it.
- Avoid touching the parts of the utensils that come into direct contact with food.
- Maintain a responsible attitude and comply with food hygiene rules throughout the preparation and serving of meals.

People can be a route of bacterial contamination if they do not adopt proper hygiene practices during food preparation and consumption.



SOURCES OF BACTERIAL CONTAMINATION



Sources of bacterial contamination

Pests and animals, including: flies and other insects, rodents (rats and mice), birds and domestic animals, such as dogs and cats.



How does contamination happen?

- Pests and animals can carry bacteria and other microorganisms in the body and faeces.
- Food can be contaminated by contact with contaminated urine, faeces, saliva or surfaces.
- Flies can land on food and lay microorganisms or eggs.

How to control and prevent contamination?

- Keep food covered to protect it from insects.
- Prevent pests from entering the kitchen by using mosquito nets, grills, crevice sealing and appropriate insect control systems.
- Keep feeders and pet containers away from food preparation areas.
- Do not allow animals to climb onto countertops or work surfaces.

Food waste and garbage, especially when accumulated in hot and humid environments.



- The accumulation of food waste favours the multiplication of bacteria.
- Dirty or poorly maintained garbage bins can become sources of contamination and attract pests.

- Empty the garbage bins daily and do not let waste accumulate.
- Keep garbage away from food preparation areas, preferably outdoors.
- Wash the waste bins regularly with hot water and detergent.
- Wash your hands thoroughly after handling garbage or food waste.

Pests and food waste can increase the risk of bacterial contamination if not properly controlled and managed.

