

# Preventing food poisoning

## Handling and hygiene

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## You can minimize the risk of food poisoning.

Bacteria and viruses found in our environment and our food are the most common cause of food poisoning. Virus or toxins, which bacteria might have produced in the food, may also lead to food poisoning. Heat-resistant toxins are actually not destroyed by heating. In order to reduce the risk of food poisoning, it is important that food is handled properly.

### The most common causes of food poisoning

- The staff lacks knowledge regarding hygiene, cleanliness and temperature
- Refrigerated goods are kept at too high temperatures
- Spread of infection by the staff
- Too slow cooling of cooked food
- Keeping food heated at too low temperatures after cooking
- Insufficient heating when cooking
- Insufficient heating of cooked food
- Dirty surfaces and utensils



A common mistake is that the same gloves are used for different types of handling.

## The importance of temperature

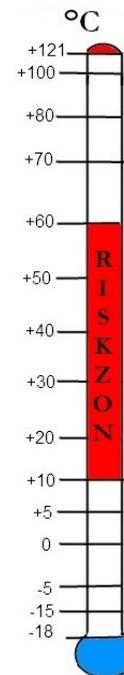
Most bacteria thrive at room temperature and up to +60°C. They can double their number within 20 minutes or produce toxins that are not destroyed by heating. We notice them once they reach our stomach. Common symptoms are diarrhea, vomiting, nausea, abdominal pain and fever. It is therefore important to have a good hygiene and that food is handled at the right temperature.

### Temperature Advice

- When cooking, +70°C or higher
- When keeping food hot after cooking, +60°C or higher
- For refrigerated goods, +4°C till +8°C
- For frozen goods, -18°C or lower
- When thawing, do not exceed +8°C
- When cooled, the core temperature of the food should be lowered to +8°C or cooler within 6 hours

### Hygiene advice

- Always wash your hands before, during, and after preparing food. Wash hands after handling raw foods and before touching other foods and utensils.
- Always wash your hands after using the toilet.
- Wash surfaces (like cutting boards) and utensils thoroughly after each use.
- Preferably use different cutting boards for different types of food.
- Rinse vegetables thoroughly before they are chopped and served
- Use paper towels, not dish cloths, to wipe up meat juices
- Remove disposable gloves before handling money or anything dirty.
- Change disposable gloves frequently and between handling different foods.
- Do not work if you are ill. Go to work when you have been symptom-free for 48 hours.
- Remember to store all unpackaged foods correctly wrapped or in containers with lids. Cooked food should be stored separately from raw foods. Otherwise, there is a risk that bacteria from the raw foods will contaminate the cooked food.



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For more information and advice: please visit the Swedish Food Agency at [www.livsmedelsverket.se](http://www.livsmedelsverket.se).