Food and Kitchen Safety
Notes for Resources

Keeping hands and nails clean

Hand washing is very important before eating or preparing food, as well as in between handling raw meat and ready-to-eat foods. Germs from anything we touch, such as animals, noses, eyes, hair, rubbish, toilets, and more, are transferred between our hands and food if we don’t take care to wash them thoroughly. Hands and nails need to be washed thoroughly in warm, soapy water for 30 seconds, and also need to be dried thoroughly as moisture helps transfer germs. We also need to take care to cover any cuts on our hands when preparing food.

This resource may be useful in strategic locations around the house. A sticker on the bathroom door may help to encourage hygienic practices, and as a magnet on the fridge door it can prompt hand washing before food is eaten or prepared, as most meals will involve at least one ingredient from the fridge.