

# GRUB CLUB

## Hygiene



When you prepare food, always...



- 1 Tie long hair back.
- 2 Take off any bracelets and rings.
- 3 Wash your hands with soap and water.
- 4 Make sure your working surface is clean and has been disinfected.
- 5 If you need to sneeze or cough, move away from the food to do it.
- 6 Throw away any food that has fallen on the floor.
- 7 Wash your hands again if you lick your fingers, sneeze, cough or touch your hair.

Follow these rules to stay hygienic in the kitchen!



and **REMEMBER TO** wear an apron and roll up long sleeves