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