

Good Food Hygiene Tips for Residents Preparing Food Under the HDB/URA's Home-based Small Scale Business Scheme

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A public health document prepared by:
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General

- Comply with the Home-based Small Scale Business Scheme Guidelines stated by HDB and URA.
- Food are not to be sold to retail food establishments or to/at temporary fairs, as these premises are to prepare the food in their licensed premises or obtain food from approved sources.
- All food preparation activities should be confined to the kitchen. Food should not be prepared or stored in any other rooms including bedrooms and living rooms.
- Do not keep any pets (such as dogs, cats, etc.) that can roam freely in the house.
- Children and infants should not be allowed in the kitchen area during food preparation.
- Do not offer catering services, including food stations and stalls at events. Such types of food service typically involve large quantities of food, and is a deviation from the Home-based Small Scale Business Scheme, which is intended for small scale businesses. Also, in the context of small residential kitchens, the large quantities would mean preparation of some dishes in advance. Without proper temperature control of the prepared food, the occurrence of contamination of food is higher. When bacteria are introduced onto the food, they could multiply to harmful levels with time if they are kept in the temperature danger zone of 5°C to 60°C.
- If you intend to prepare food for a larger number of clients, or prepare food in large quantity for each order, you should shift to a proper licensed food premises to operate.

Practise Good Personal Hygiene

- Wash hands with water and soap after handling raw food, before handling cooked/ready-to-eat food, after visiting the toilet and after handling waste, and in between tasks.
- Use clean gloves or utensils to handle cooked/ready-to-eat food.
- Do not handle food when feeling unwell.

Use Safe Food Ingredients

- Obtain food supplies from licensed or approved sources.
- Ensure that ingredients used are fresh, stored at proper temperatures and have not passed their expiry dates.
- Clean and wash ingredients thoroughly.

Store Food Safely

- Store food in covered containers.
- Store raw food in tightly sealed containers below cooked/ready-to-eat food in the refrigerator.
- Keep perishable foods refrigerated or frozen until they are used.

Updated on May 2017. For latest updates, please refer to NEA website.

Defrost Food Safely

- Thaw food thoroughly before cooking.
- Prepare thawed food right away and do not refreeze thawed food.
- Thaw only the amount of food you require for cooking.
- Thaw food either in the refrigerator, microwave oven or under running water.

Prepare Food Safely

- Use separate gloves, equipment & utensils (e.g. chopping board) for handling raw food and cooked/ready-to-eat food.
- Cook food thoroughly.
- Keep hot foods above 60°C and cold foods below 5°C.
- Do not cook food too early.

Keep Your Kitchen Clean

- Clean all food preparation surfaces and equipment regularly.
- Keep refrigerator clean.
- Protect kitchen areas from pests.
- Practise good refuse management.