



**AVOID USING BARE HANDS  
IN SERVING FOOD**



**USE APPROPRIATE COOKING UTENSILS  
E.G. TONGS IN PICKING AND SERVING FOOD**



**AVOID BUYING MEAT FROM UNHYGIENIC  
BUTCHERS/ PLACES**



**BUY MEAT FROM HYGIENIC  
BUTCHERS/ PLACES**



**Telephone Lines:**

(+233) – 302-233200/ 235100  
(+233) – 0299802932/3 (Hotline)  
0800151000 (Toll free)

**Fax:** +233-302-229794

**Email:** [fda@fdaghana.gov.gh](mailto:fda@fdaghana.gov.gh)

**Facebook:** Food and Drugs Authority-GH

**Twitter:** @FDA\_GH



*Your Well-being, Our Priority.*

# **FOOD SAFETY CAUTIONS**



**To limit microbial contamination, avoid  
unhealthy practices and habits at the  
points of food preparation and sale!**





MOVE HEAD AWAY FROM FOOD WHEN SNEEZING, COUGHING OR BLOWING YOUR NOSE



AVOID TALKING OVER UNCOVERED FOOD



WASH HANDS UNDER RUNNING WATER WITH SOAP



WHEN COOKING, ALWAYS TASTE FOOD FROM PALM NOT DIRECTLY FROM COOKING LADLE OR SPOON



BUY FOOD FROM VENDORS WHO ARE PROPERLY DRESSED WITH HAIR COVERED AND IN CLEAN WORKING GEAR.



WHEN COOKING, ALWAYS TASTE FOOD FROM PALM NOT DIRECTLY FROM COOKING LADLE OR SPOON



AVOID UNHYGIENIC COMMERCIAL GRINDING OR MILLING PLACES



AVOID SHARING A SINGLE BOWL OF WATER WHEN WASHING HANDS