

# EAT WELL AND SAFELY!

Place your food  
and water in the shade,  
away from direct  
sunlight.



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Choose foods that do not change with heat such as bread, tinned food, nuts (walnuts, almonds, hazelnuts...).

Avoid sauces. Use olive oil and vinegar or lemon for seasoning.

Choose also some fruit and vegetables, previously washed.



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If you choose perishable foods (yoghurts, cheese, some types of fruit such as watermelon, melon, cantaloupe, peaches, cherries...), pack them in a cooler or a thermal bag.

Wash fresh food at home and transport it in a closed box.

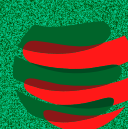


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You should preferably prepare and buy your food on the same day.



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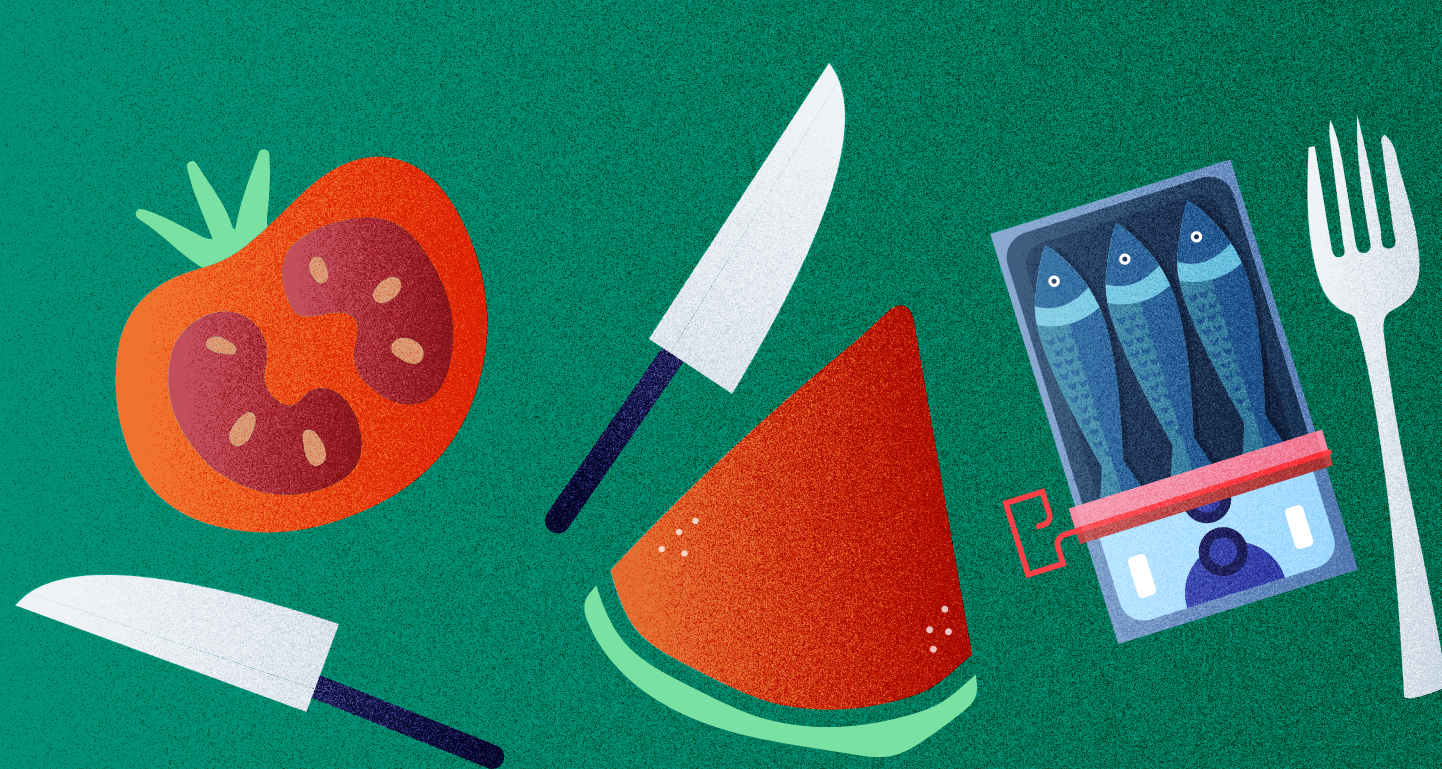




Wash your hands and cookware  
before handling and eating food.



Wash well vegetables  
and fruits before eating.



Use different utensils  
for each specific food item.



Keep raw and ready-to-eat food  
separate during preparation.



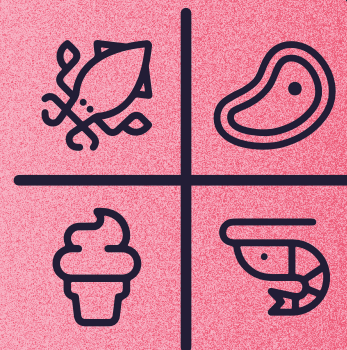
## BUY



Choose what  
to buy



Check the  
expiry date

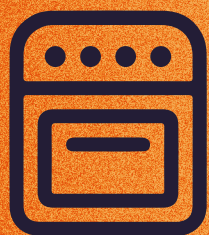


Separate the  
fresh products



Leave the fresh  
products to the end

## PREPARE



Cook thoroughly



Keep separate  
raw and  
cooked food

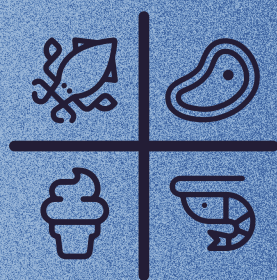


Wash fruit  
and vegetables

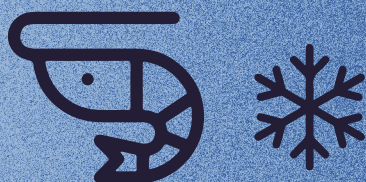


Wash your  
hands

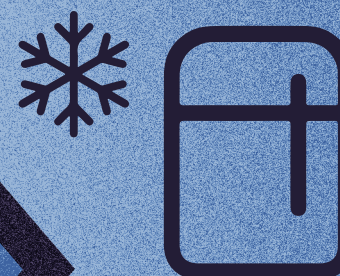
## STORAGE



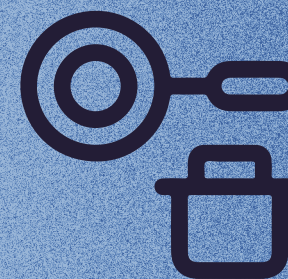
Keep separate  
different  
products



Do not freeze  
what has been  
defrosted



Store leftovers  
up to a maximum  
of 4 days



Reheat cooked  
food until it is piping  
hot throughout



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