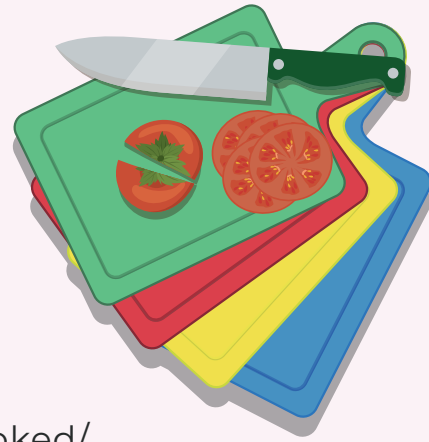


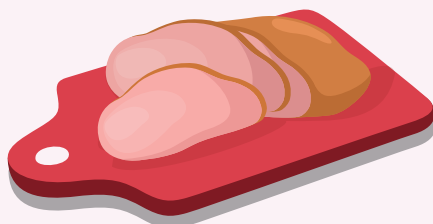
# Proper Use of Chopping Boards



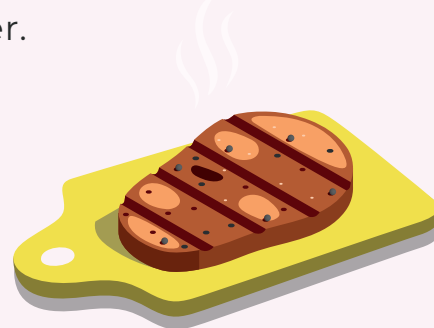
Use separate chopping boards for raw and cooked/  
ready-to-eat food to prevent cross-contamination.

## Colour- Coded Chopping Boards

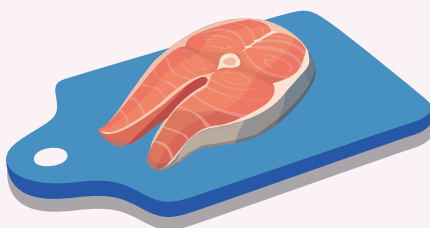
- Colour-code chopping boards to differentiate the chopping boards used for different types of food.
- Chopping boards of different colour should not be in contact with one another.



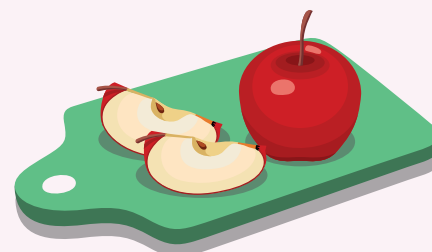
**Red**  
Raw meat



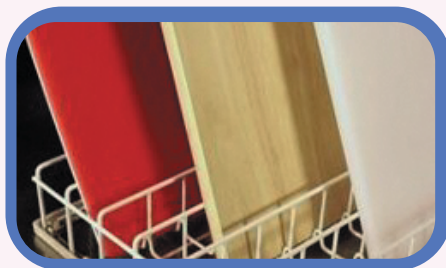
**Yellow**  
Cooked meat



**Blue**  
Seafood



**Green**  
Fruit & Vegetables



- Clean chopping boards regularly before and after each use.
- Store chopping boards in a vertical or upright position on a rack to keep them dry and clean.



- Replace chopping boards that are worn-out.

