

Tuesday, April 7

World Health Day 2015

The **World Health Day** is a global health awareness day celebrated every year on 7 April, under the sponsorship of the World Health Organization (WHO).

In 1948, the WHO held the First World Health Assembly. The Assembly decided to celebrate 7 April of each year, with effect from 1950, as the World Health Day.

The World Health Day is held to mark WHO's founding, and is seen as an opportunity by the organization to draw worldwide attention to a subject of major importance to global health each year.

The WHO organizes international, regional and local events on the Day related to a **particular theme**. Resources provided continue beyond 7 April, that is, the designated day for celebrating the World Health Day



Theme for World Health Day 2015

Food Safety: "From farm to plate, make food safe"

Each year a particular theme is selected that highlights a priority area of public health.

Dr Margaret Chan, WHO Director-General, announced at ICN2 that **food safety would be the focus of World Health Day 2015**.

"WHO will dedicate its 2015 World Health Day to **food safety** to catalyse collective Government and public action to put measures in place that will improve safety of food from farms, factories, street vendors and kitchens. Also in 2015, WHO will, for the first time, publish estimates of the global burden of food-borne disease, finally showing the scale of the problem," said Dr Chan.

The universal **‘five keys’** to food safety should be observed:



(1) WASH (MAINTAIN CLEANLINESS)



- **Illness-causing bacteria can survive and spread around your kitchen, so it is important to wash the right way to prevent these bacteria from spreading to your food. What is the right way?**

- Wash hands for at least 20 seconds with soap and warm water.
- Wash surfaces, cutting boards, dishes and cooking utensils with hot soapy water after each use to prevent bacteria from spreading throughout the kitchen.
- Sanitize sponges and replace frequently.
- Wash produce under running tap water, but not meat, poultry or eggs.

(2) SEPARATE RAW & COOKED FOOD



- Separate ready-to-eat foods from raw meats, poultry, seafood and eggs, and use separate cutting boards and utensils to reduce the risk of food poisoning.
 - Bacteria can spread through cross-contamination. This occurs when raw meat, poultry, seafood and eggs come in contact with ready-to-eat foods like bread and vegetables, so keep them separate.
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- When handling raw meat, poultry, seafood and eggs, always use separate cutting boards, plates and utensils from ready-to-eat foods.
 - While shopping at the grocery store, keep raw meat, poultry, seafood and eggs separate from all other ready-to-eat foods in both the shopping cart and during bagging.
 - Keep raw meat, poultry, seafood and eggs separate in the refrigerator to prevent bacteria from spreading and the juices from dripping on ready-to-eat foods.

(3) COOK THOROUGHLY



You can't rely on color and texture alone to tell if your food is done and safe to eat. Find out how to tell if your food is thoroughly cooked and safe to eat.

- Cook the Food Proper... Heat proper... Cook Proper

(4) KEEP FOOD AT CORRECT TEMPERATURE (REFRIGERATE)



- Perishable foods left unrefrigerated for over two hours can cause food poisoning. Refrigerate promptly and properly to reduce your risk.
- Cooling foods keeps them out the “danger zone” - between 40°F and 140°F - and slows the growth of illness-causing bacteria. Refrigerate promptly and properly to reduce your risk of food poisoning. How long can foods remain unrefrigerated?

- Store Raw As Well As Cooked Food in Refrigeration To prevent Food poisoning.

(5) USE SAFE WATER AND RAW MATERIALS

- Raw Materials Including Water & Ice , May be contaminated with dangerous microorganism Or Chemicals. toxic chemicals formed in damage & mouldy foods. So care in selection of raw materials & Water Sources.

- Use Safe Water or Treat it to make it Safe.
- Select fresh & Whole some foods.
- Choose foods processed for Safety : Example Pasteurized milk
- Do not Use Foods Beyond its Expiry days.



Happy World Health Day

From



A Testimony of Assured Lifeline



Working For Healthier World