

TIPS FOR PILGRIMS ON THE CAMINO DE SANTIAGO.

PREPARING FOOD SAFELY



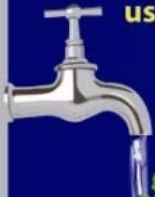
Wash your hands before eating and also after using the toilet



Do not leave food or drink in the sun



Drink only bottled water or drinking water



Wash vegetables with water fit for human consumption using a few drops of household bleach and then rinse the vegetables thoroughly



Only consume foods purchased at authorised establishments. Beware of home-made products



Check the label to see storage indications and expiry date of packaged foods



Wash fruit with water fit for human consumption and then peel



Wrap sandwiches correctly in aluminium foil or cling film and eat within twenty-four hours. Avoid eating undercooked omelettes.



Wash and disinfect drinking containers (water flasks, water bottles) regularly, using water fit for human consumption



Avoid preparing foods which require refrigeration, especially if they contain egg. (Russian salad, mayonnaise, sauces, smoked fish, cream and desserts)



Boil foods

