1. Be clean, Be healthy

- Do not work with food if you are sick
- Wash your hands before cooking
- Always cover your hair when cooking

2. Clean Kitchen

- Avoid all animals inside the kitchen
- Clean the kitchen daily to avoid disorganization

3. Clean Equipment

- Never use dirty cooking equipment
- Always clean cooking equipment with soap and clean water

4. Correct Cooling

- Refrigerate probiotic yogurt at 4°C
- Correct cooling at 4°C