# Travel Food Safety Guide

This guide provides tips and precautions to help travelers maintain food safety while on the road. It includes advice on how to select street food safely.

### Step 1: Research

Before traveling, research common food safety issues in the destination country. Check for any travel advisories related to foodborne illnesses.

### Step 2: Safe Selection

Choose street food vendors that have a high turnover, cook food thoroughly, and have a clean serving environment.

### Step 3: Inspect

Visually inspect the food for proper cooking and freshness. Avoid foods that have been sitting out or are served at lukewarm temperatures.

### Step 4: Hygiene

Observe the vendor's personal hygiene and food handling practices, such as wearing gloves or using utensils rather than hands.

### Step 5: Drink Safety

Opt for bottled or boiled drinks. Avoid ice unless you're certain it's made from safe, purified water.

### Step 6: Raw Foods

Be cautious with raw fruits and vegetables that cannot be peeled. If possible, wash them with clean water or opt for cooked options instead.

### Step 7: Eat Hot

Consume foods that are cooked and served hot. Heat helps to kill most bacteria and viruses that cause foodborne illnesses.

## General Notes

### Allergies

If you have any food allergies, learn the names of those foods in the local language to avoid accidental consumption.

### Travel Insurance

Consider purchasing travel insurance that covers medical treatment for foodborne illnesses when abroad.

### Emergency Contacts

Keep a list of emergency contacts, including local health facilities and your country's embassy, in case of severe food poisoning.