

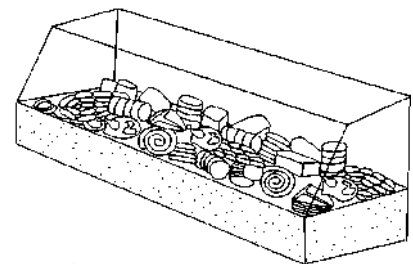
# SAFE MEAT

## Where can you buy safe meat?

- Buy your meat at a shop accepted by the health authority of your town or village.



- This meat is safe because it comes from an abattoir which sells safe meat.
- The shop can be a butchery, supermarket or spaza.
- The carcasses in these shops have a stamp on each quarter, which means that the meat is clean, safe, without diseases and will stay fresh much longer (see picture).
- The stamps are given by meat inspectors who know everything about meat.



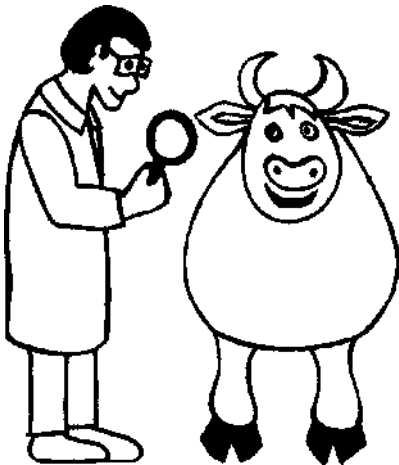
## Where is the meat unsafe?

- The meat of animals killed in unaccepted places or in the open is unsafe.
- Animals can get ill just like people.
- They get ill with brucellosis or TB or carry tapeworms.



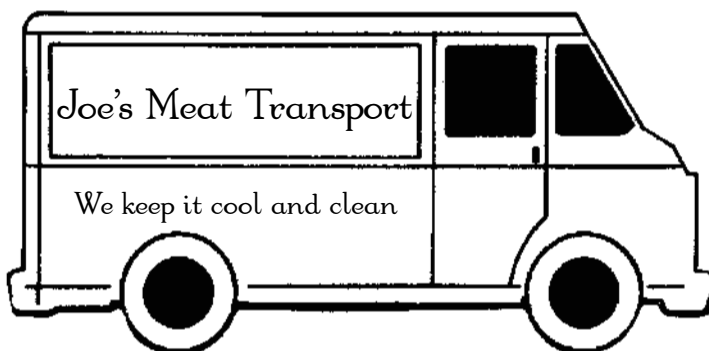
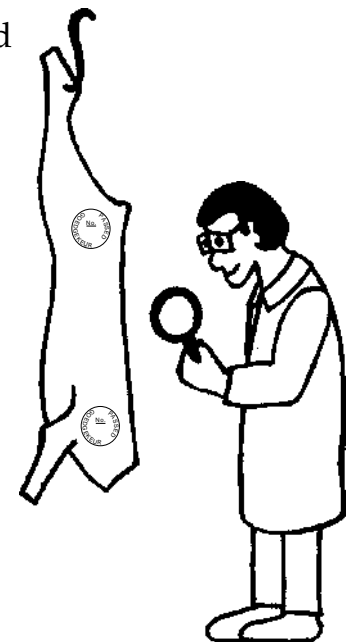
- If you eat the meat of an animal which is ill you can become ill too.
- If meat is handled with dirty hands or instruments or in a dirty place it will be full of germs.
- If you eat the dirty meat, germs will make you ill.

# Meat from accepted abattoirs is safe



- Animals which arrive at accepted abattoirs are examined by vets.
- The vets make sure that the animals are healthy.
- No animal which is ill is slaughtered.
- If an animal is tired after a long journey, it is given time to rest before it is slaughtered.

- Animals are killed in such a way that they do not suffer pain.
- They are killed in such a way that they bleed properly and very little blood is left in the meat.
- Meat with little blood stays fresh longer.
- Directly after the animal has been killed and bled, the skin and intestines are removed.
- Next the carcass and offal are inspected by a meat inspector.
- The inspector makes sure that the meat is healthy.
- If it is healthy, he gives it a stamp.
- Unsafe meat is destroyed.



- The inspectors and vets also make sure that everything at the abattoir is clean.
- The meat is put in a refrigerator to make sure that any germs which are left do not increase.
- The meat is also kept cool on the way to the shop to keep it fresh.

# Meat from other places may be unsafe

- Animals killed at places other than abattoirs are not examined by vets.
- These are called informal slaughterings.
- Animals killed there may be ill.
- At informal slaughterings there is no place for the animals to rest.
- Tired animals do not bleed well.
- Meat with too much blood in it does not stay fresh long.
- Informal slaughterers do not have proper instruments.
- They cannot keep everything clean.
- The carcasses are not examined by inspectors.
- You can therefore not be sure that the meat is safe.
- Informal slaughterers cannot keep the meat cool and germs will grow on it.
- If you eat such meat you may become ill.



## What can you do if you cannot buy safe meat near your home?



- Speak to the leaders or health authorities of your village.
- Ask them to get safe meat from villages or towns nearby.

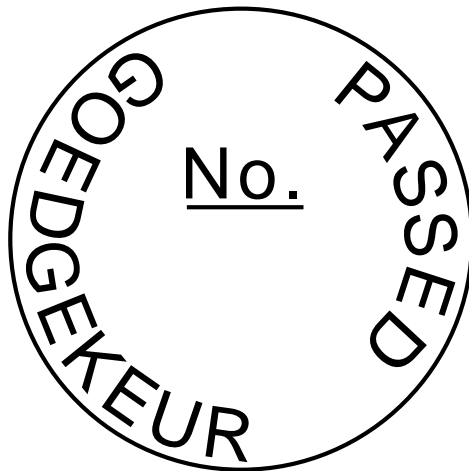


- If enough people want safe meat, butchers will deliver it in a truck with a built-in refrigerator.
- Ask the informal traders nearby to get advice from the health authorities so that they can also sell safe meat.

# Is safe meat really so important?

- If you bring unsafe meat into your home, the germs may spread to your hands, tables, knives and other places.
- From there they may spread to other food.
- Cooking the meat well may kill germs, but not the poison they leave in the meat.
- The poison may make you ill.

**Be wise, buy meat with this stamp on it:**



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