



Hygiene & Sanitary Practices Notice

Although Nutrition Clubs are not retail establishments, cafes, restaurants, carry-outs, or takeout establishment, Herbalife requires a Nutrition Club Operator to practice good hygiene and keep the Club clean and sanitary. Club operators are responsible for understanding all applicable food safety requirements under local law.

Listed below are the core principles of good hygiene and sanitation that are always required.

- Keep your Club, particularly your entire kitchen area, clean at all times.
- Thoroughly clean and sanitize kitchen equipment before and after each use, including blenders and cutting boards.
- Frequently wash hands and forearms with soap and warm water.
- Use good quality (or boiled) water when beverages served at the Club.
- Inspect ingredients such as fruits and vegetables for freshness and quality upon delivery and again before use. Wash fruits and vegetables prior to use.
- Store fruits, vegetables, milk, and other perishables in refrigerators or freezers, in separate containers.
- Buy ice in small bags for immediate use; if you use an ice maker, regularly empty accumulated ice and clean the equipment.
- Use disposable cups to serve beverages.
- Distribute disposable stirrers, spoons, and other utensils.
- Immediately clean up spills and empty trash bins frequently.
- Keep cleaning equipment and solutions/substances away from food preparation and utensil cleaning areas.

Health codes and food safety law require more than these simple steps. Some require special fixtures and equipment. Some specify the methods and temperatures for cleaning equipment. Some require completion of a food handling course before you can prepare food for consumers. For instance, in South Africa the '*Regulations governing general hygiene requirements for food premises, the transport of food and related matters*', published in terms of the Foodstuffs, Disinfectants and Cosmetics Act 54 of 1972, stipulates the hygiene and facility standards for food premises. Please check with your local health and safety authority to learn about any additional requirements.