

Living Well Tip of the Week



Be Food Safe

CDC estimates that each year roughly 1 in 6 Americans (or 48 million people) gets sick, 128,000 are hospitalized, and 3,000 die of foodborne diseases. With the recent high-profile ground turkey outbreak fresh on our minds, now is an ideal time for food safety education.

Rules of Food Safety:

- **CLEAN**- Clean your hands with soap and warm water before handling food. Clean surfaces before preparing food on them.
- **SEPARATE**- Separate cooked foods from ready-to-eat foods. Do not use utensils on cooked foods that were previously used on raw foods and do not place cooked foods on plates where raw foods once were unless it has been cleaned thoroughly.
- **COOK**- Cook foods to a safe internal temperature (see chart). Use a meat thermometer to make sure foods are cooked to a safe temperature. Color is not an indicator of doneness.
- **CHILL**- Chill foods promptly after serving and when transporting from one place to another. Keep your refrigerator at 40°F or below. Keep hot foods hot and cold foods cold.

Find Out More About Food Safety go to www.webmdhealth.com/ut*, select “Health Topics” on the top navigation bar and type in “Food Safety”.