



# Health and Wellness Tip of the Week - Week 35

## Monthly Topic

September is *National Food Safety Education Month*. Provide employees with food safety tips for a healthy fall season.

September 1, 2014

## Stay in Step With Food Safety

Did you know that unsafe food causes one in six people to get sick each year? Guard your family from food poisoning by sticking to these four food safety steps:

- **Clean** – Wash hands, work surfaces and kitchen utensils before and after you fix food. Always wash fruits and veggies before cutting or peeling.
- **Separate** – Keep poultry, meat, eggs and seafood away from other foods. Separate them in your grocery cart and in the fridge. Use a different cutting board for these foods.
- **Cook** – Use a food thermometer to be sure food is cooked to a safe temperature. Keep food at 140 degrees after cooking and cook microwaved foods to at least 165 degrees.
- **Chill** – Don't thaw or marinate foods on the counter. Put fresh foods in the fridge or freezer within two hours. Keep your fridge between 32 and 40 degrees and your freezer at 0 degrees or below.

*Source: U.S. Department of Health and Human Services*



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