



Healthy Holidays

Health and Wellness Tip of the Week

Week 51 – December 16, 2019

Holiday Feasts

When thinking about holidays, a vision of a beautiful table with wonderful food may come to mind. It's important to practice food safety when making your tasty holiday meals.

Always wash your hands and countertops throughout preparation. Avoid cross-contamination. Be sure to cook food to the proper temperature and chill as soon as possible. Don't leave perishable items out more than two hours. Don't forget to enjoy!

Source: Centers for Disease Control and Prevention

City of Mission

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Our mission is to promote health
awareness and encourage healthy
lifestyles.

www.missiontexas.us

