



# Health and Wellness Tip of the Week - Week 36

## Monthly Topic

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

September 8, 2014

## Golden Rules For The Golden Years

Did you know that seniors are more likely to get food borne illness, also known as food poisoning? Some things that make seniors more likely to get sick from food:

- As the body ages it becomes less able to fight germs.
- Seniors have food brought in more often. That food may not have been handled the right way.
- A reduced sense of taste or smell makes it harder to tell if food is spoiled.

*Source: Centers for Disease Control & Prevention*



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