



Health and Wellness Tip of the Week - Week 37

Monthly Topic

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

September 15, 2014

Watch What You Eat When You're Expecting

Close to 85 percent of pregnant women in the U.S. are at risk of toxoplasmosis. Here are some things to know about:

- If you have a cat, have someone else change the litter box.
- Wear gloves when gardening or handling sand in a sandbox. Wash hands fully afterwards.
- Keep indoor cats indoors.
- Don't eat raw meat or meat that is not fully cooked.
- Make sure you wash fruits and veggies before eating.

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Source: Food and Drug Administration

