

# Health & Wellness

## Tip of the Week

June is all about **Summer Safety**. It is the perfect time to remind you about the importance of staying safe this summer!

Week 23  
June 6, 2016

### Practice Prevention

Take food safety on the road when you go camping or hiking. Bring healthy food and follow these food safety steps:

- 🌐 Keep cold foods cold and hot foods hot.
- 🌐 Keep raw foods away from cooked foods.
- 🌐 Wash hands and dishes often.
- 🌐 Cook foods to proper temperatures.

*Source: Centers for Disease Control and Prevention*



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