

Health & Wellness Tip of the Week

Week 27 July 2, 2018

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



The Weather's Fine for Grilling – and Good Borne Illness

It's July, and summer break is in full swing. It's the time of year for all sorts of outdoor activity – sports, camping, swimming, picnics and...food poisoning.

If you're grilling, keep foodborne illness at bay with these simple steps:

- Follow the Mom rule: Wash your hands before and after handling food.
- From the grill, straight to a different plate. Don't use the same platter that held the raw food, unless it's been washed first.
- Heat is a good thing. Use a meat thermometer to make sure that food is a safe internal temperature.
- Chill before you grill. Raw meat cut fresh vegetables and even cooked food should never sit at room temperature for more than two hours.
- Pack in the cold. Be sure to have plenty of freezer packs or ice on hand to keep your food cold.

Source: Centers for Disease Control and Prevention

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