

LIVING WELL

Healthy Living Tips

Summer Food Safety

Summer promises sunshine, heat, and carefree gatherings with families and friends. It also coincides with an increase in food poisoning as warmer temperatures cause foodborne germs to thrive. When shopping for groceries or eating outside, make sure to refrigerate perishable food within 1 hour if it's 90°F or warmer. Read these CDC features for more tips on keeping food safe this summer, whether you're grilling, planning a party, or attending a fair or festival.

If you're **preparing food in advance** for a family reunion, a graduation party, or other event, divide cooked food into shallow containers and store in the refrigerator or freezer to cool it rapidly. Read more of CDC's advice on safely cooking, preparing, and serving food for large groups: www.cdc.gov/foodsafety/serving-food-safely.html.

When grilling, throw out marinades and sauces that have touched raw meat juices, which can spread germs to cooked foods. Use clean utensils and a clean plate to remove cooked meat from the grill. Read more on how to grill safely at: www.cdc.gov/foodsafety/communication/bbq-iq.html.

At fairs, festivals, carnivals, and rodeos, follow these tips to have a safe cooking, eating, and drinking experience. Before buying food, be sure the vendor has a license to sell food and that employees wear gloves and use tongs when serving food. Bring hand sanitizers or disposable wipes in case there aren't any places to wash your hands. For more food safety at fairs, go to: www.cdc.gov/features/fairsandfood/index.html.

Don't eat raw oysters. They can contain harmful bacteria that can make you very sick, even if they look, smell, and taste like any other oyster. Learn how to protect your health and avoid vibriosis, a disease linked to eating raw oysters. For more information, go to: www.cdc.gov/features/vibrio-raw-oysters/index.html.

4 STEPS TO FOOD SAFETY



CLEAN 



SEPARATE 



COOK 



CHILL 

Each year, **1 in 6 Americans get sick from eating contaminated food**. CDC tracks foodborne illnesses and collaborates with state and local health departments and other federal agencies to investigate foodborne outbreaks. CDC's work provides information to improve food safety.

Information obtained from the CDC website: www.cdc.gov/foodsafety/.