



COLONIAL NUTRITION NEWSLETTER

Know your food safety...



Protect yourself from a foodborne illness!

A foodborne illness is caused by eating food contaminated with bacteria or toxic substance they produce. Usually from foods rich in protein (meat, poultry, fish, and seafood) because they are from animals.



Common Bacteria

Salmonella: found in raw poultry and eggs

-Undercooked chicken, cookie dough batter

E. Coli: found in undercooked raw ground beef

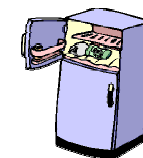
-Hamburgers



Symptoms

The most common symptoms are diarrhea, nausea, vomiting, abdominal pain, fever, and headache, which are similar flu-like symptoms. Will vary depending on the person and the bacteria consumed.

Avoid getting sick from a foodborne illness by considering these tips...



Food Safety Tips



- ✓ Keep hands clean by washing with soap and warm water before & after food preparation & eating.
 - ✓ Clean countertops before and after food preparation.
 - ✓ Always use clean utensils and wash them between cutting different foods.
 - ✓ Do not put cooked meat on an unwashed plate that has had raw meat on it.
 - ✓ Wash fruits and vegetables thoroughly.
- ✓ Keep foods like lunchmeat, dairy, and prepared salads (potato salad) cold and do not leave them out for too long.



- ✓ Check labels to see how the food should be stored (refrigerator, freezer, cupboard).
 - ✓ Frequently check expiration dates and when in doubt throw it out.
- ✓ Check for visible signs of spoiled food: slight discolorations, changes in texture and smell.

KEEP EVERYTHING CLEAN!!!! 😊