

Welcome to “Health Bytes”!



- ✓ Philadelphia Coordinated Health Care’s “Health Bytes” are short tips about health and wellness. They will be sent on the first day of each month by e-mail.
- ✓ We hope that you can use this information to encourage or maintain a healthy lifestyle for yourself or someone you support.
- ✓ Please go to www.pchc.org to see past “Health Bytes”.

Health Byte – August 1, 2018

Foodborne illness peaks in summer – what can you do to prevent it?

During the summer months, the warmer temperatures and higher humidity are ideal for bacterial growth. Also, preparing food outdoors makes safe food handling more difficult. Take a moment to look at these tips before your next outdoor event. They include four basic suggestions: **CLEAN, SEPARATE, COOK AND CHILL!**

<https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/foodborne-illness-and-disease/foodborne-illness-peaks-in-summer/>

Source: United States Department of Agriculture