

June
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EAT BETTER FOR LESS

EatGatherGo.org

Protect Yourself, Loved Ones From Food Poisoning

When it comes to food-borne illnesses, we are the first line of defense. If we are not careful, harmful bacteria can contaminate food, causing food poisoning. Handle your food with care by taking these steps:



Clean

Wash your hands with soap and warm water for at least 20 seconds before and after handling food. Wash your cutting boards, dishes, utensils, and counter tops with hot, soapy water after preparing each food item. Rinse fresh fruits and vegetables under cold running water before eating.



Separate

Keep raw meat, poultry, seafood, and eggs separate from other foods in your grocery cart, bags, refrigerator, and cutting boards. Never place cooked food on a dish that previously held raw meat, poultry, or seafood.



Cook

Using a food thermometer is the only way to ensure the safety of protein products. When microwaving, cover food, stir, and rotate the dish for even cooking.



Chill

Refrigerate perishable foods within two hours of cooking or purchasing. Never thaw food at room temperature, such as on a counter top. Defrost food in the refrigerator, in cold water, or in the microwave only.



Summer Vegetable and Pasta Salad

Ingredients

- 3 cups uncooked whole wheat pasta
- 1 cup chopped broccoli
- 1 cup peeled and diced cucumber
- 1 cup sliced summer squash
- 3/4 cup Italian salad dressing

Directions

1. Cook pasta according to package directions. Rinse with cold water. Place in large bowl.
2. Add remaining ingredients and mix well.
3. Refrigerate leftovers within 2 hours.

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.

Resources: www.fda.gov/food/consumers/world-food-safety-day; www.eatgathergo.org/recipe/summer-vegetable-and-pasta-salad/



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