

HEALTH AND HUMAN SCIENCE NEWSLETTER



A MESSAGE FROM AMANDA:

AS THE YEAR COMES
TO A CLOSE, WE
WISH YOU A HAPPY
HOLIDAY SEASON
AND EXTEND OUR
SINCERE THANKS
FOR YOUR
CONTINUED
SUPPORT. BEST
WISHES FOR A
HEALTHY AND
PROSPEROUS NEW
YEAR.

BITE-SIZED WISDOM WITH AMANDA

WORLDWIDE FOODSERVICE SAFETY MONTH: IMPORTANCE OF FOOD SAFETY

December is Worldwide Food Service Safety Month, a reminder of the vital role food safety plays in protecting our health. Practicing safe food handling helps prevent foodborne illnesses, which can affect anyone but are especially risky for children, older adults, and those with weakened immune systems. Simple steps—like washing hands before preparing food, cooking foods to the right temperature, avoiding cross-contamination, and properly storing leftovers—go a long way in keeping meals safe. This month, let's stay mindful of these habits at home and in the community to ensure the food we share is both nourishing and safe.

4 BASIC STEPS FOR FOOD SAFETY

1. Clean: always wash your food, hands, counters, and cooking tools
2. Separate (keep apart): keep raw foods to themselves. Germs can spread from one food to another.
3. Cook: foods need to get hot and stay hot. Heat kills germs
 - Cook to safe temperatures:
 - Beef, Pork, Lamb 145 °F
 - Fish 145 °F
 - Ground Beef, Pork, Lamb 160 °F
 - Turkey, Chicken, Duck 165 °F
4. Chill: put food in the fridge right away.