National Food Safety Education Month

According to the FDA, "The food supply in the United States is among the safest in the world." However, when food comes into contact with disease-causing bacteria or pathogens, they can cause foodborne illnesses — also known as "food poisoning." It is estimated that there are about 48 million cases of foodborne illnesses annually — which is around 1 in 6 Americans each year.

To keep your family and children safe from food poisoning, simply follow these four recommended steps: Clean, Separate, Cook, & Chill.

CLEAN — Wash hands & surfaces often
- Wash your hands with warm water & soap for at least 20 seconds before and after handling food, pets, using the bathroom, and changing diapers
- Wash your cutting boards, dishes, utensils, counter tops with hot soapy water
- Rinse fresh fruits and vegetables under running tap water

Separate — Separate raw meats from other foods
- Separate raw meats, poultry, seafood, and eggs from other foods
- Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood
- Never place cooked food on a plate that previously held raw meat, poultry, or seafood

Cook — Cook to the right temperature
- Use a food thermometer to ensure the safety of meat, poultry, seafood, and egg products.
- When cooking in a microwave, cover, stir, and rotate for even cooking
- Bring sauces, soups, and gravy to a boil when reheating

Chill — Refrigerate foods promptly
- Use and appliance thermometer to ensure your refrigerator temp is at or below 40° F & your freezer is at or below 0° F
- Refrigerate or freeze any perishables within 2 hours of cooking or purchasing
- Always marinate food food in the refrigerator
- Never thaw food at room temperature

I need to sign up

Can’t Wait!

Mandatory Food Program
Annual Provider Training

Virtual Event, October 17 - 22. Sign up has already begun.
For questions, please contact Shantel at (808) 550-3846

Berry Blast Smoothie

Ingredients:
- 6 cups low-fat or non-fat unflavored milk
- 4 cups mixed berries, frozen

Directions:
1. Add all ingredients to a blender. Mix on high until smooth
2. Serve 1 1/4 Cup per child immediately as a cold, refreshing smoothie