



# SEPTEMBER 2023

## Is National Food Safety Education Month

An estimated 1 in 6 Americans gets a foodborne illness every year, according to the Centers for Disease Control and Prevention. There are ways to help prevent you and others from getting sick from food. It starts with focusing on simple food poisoning prevention steps.

September is National Food Safety Education Month. This is a great time to focus on food illness prevention measures, such as avoiding cross-contamination of meats and vegetables. It's most important to keep these foods separate before cooking.

Reach out to us for more nutrition and wellness resources.