



Florence County Health Department

501 Lake Ave PO Box 410 Florence, Wisconsin 54121 715-528-4837
A.Seibold, RN, MS Health Officer/Director



NEWS RELEASE

09/11/2023

Amber Kolberg
Florence County Health Department
715-528-4837
FAX 715-528-5269
akolberg@florencecountywi.gov

September is Food Safety Education Month and the Start of Football Season

Florence, WI- The U.S. food supply is one of the safest in the world, but organisms very small that you can't see or taste such as bacteria, viruses, and tiny parasites are everywhere in the environment. According to the Centers for Disease Control and Prevention (CDC), the United States still experiences 3,000 deaths annually which can be traced to foodborne pathogens. Everyone can get sick from eating contaminated food and keep in mind, symptoms vary from person to person even if they ate the same meal. The concentration of pathogens varies in food and water.

September is not only Food Safety Education Month but also the start of football season! This month take an active role in preventing foodborne illness when you and your family gather for the games. Follow these food safety tips to avoid food poisoning:

1. **Keep it Clean.** Wash hands with soap and water for 20 seconds, wash cutting boards and utensils after preparing each food item, wash produce under running water and consider using paper towels to clean up kitchen surfaces.
2. **Separate.** Separate raw meats, poultry, eggs and seafood from produce and ready-to-eat food items when preparing, serving and storing.
3. **Cook it well.** Cook food to the right temperatures to kill harmful germs. Use a food thermometer to check meat, eggs and microwaved dishes. Keep hot foods hot (140F or warmer) and cold foods cold (41F or colder).
4. **Keep it safe.** Serve food at the right temperature, including left overs. Store left overs for less than 4 days or freeze if you are not eating it soon. Throw out perishable foods that have been sitting at room temperature for more than two hours. Never thaw foods at room temperature; thaw in the refrigerator, in cold water or in the microwave.

For more information, visit www.fda.gov/food/consumers/food-safety-education-month. Florence County Health Department can be reached at 715-528-4837, located in the Courthouse at 501 Lake Avenue or visit our website at <https://florencewipublichealth.com/>.

###

Connecting you to a **Better Life!**