



June – National Safety Month

AVOIDING FOODBORNE ILLNESSES

This time of year there seems to be an ample supply of fresh fruits and vegetables to enjoy. Fruits and vegetables are a great source of vitamins and nutrients, but the reality is that produce is becoming an increasingly common source of food poisoning in the form of *E coli* or *salmonella*.

Here are some tips to minimize your risk and to help keep you and your family safe at mealtime:

1. Wash produce thoroughly under running water and peel off outer layers of leafy vegetables.
2. Fresh produce should be refrigerated within 2 hours of cutting or peeling.
3. Buy pasteurized juice whenever possible because pasteurization kills harmful bacteria.
4. If you have a compromised immune system, consider eating only cooked produce.
5. Never use the same utensils or cutting surfaces for preparing meats and vegetables.
6. Wash off eggs before cracking because bacteria can be on the outside of the shell and enter the egg when it's cracked.
7. Always cook eggs and poultry thoroughly.
8. Don't defrost meat on the counter – use the refrigerator or microwave.



**The Medical
Center of Plano**