

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Don't Let Foodborne Illness Spoil Your Summer Fun**

**By News Canada**

**Don't Let Foodborne Illness Spoil Your Summer Fun**

by: **News Canada**

(NC)—With the warm days of summer upon us, most of us are eager to spend time outside barbequing and picnicking with family and friends. Although outdoor summer meals can be great fun, the heat and humidity of the season can facilitate the spoilage of foods and the proliferation of harmful bacteria such as E.coli and Salmonella, which can often lead to food poisoning.

According to Toronto based family physician Susan Brunt, when enjoying meals outside remember these helpful tips to make sure foodborne illness doesn't spoil your summertime fun:

**Start with your hands:** To avoid the spread of germs, wash your hands thoroughly with soap and water before and after handling and preparing foods

**Heat things up:** Use an instant-read thermometer to check if food is thoroughly cooked. According to the Canadian Food Inspection Agency, you should cook meat to at least these internal temperatures: whole chicken and parts— 82°C–85°C; turkey pieces—77°C; beef roast and steaks—63°C; pork chops and ribs—70°C; ground meats—71°C. Also make sure to insert the thermometer in the thickest parts of the meat and in several places to ensure that it is cooked throughout

**Don't forget to rinse:** Bacteria that cause food poisoning aren't just limited to meat products. Before enjoying summer's bounty, such as cantaloupes, peaches, and tomatoes, make sure you thoroughly wash all produce. This includes fruits and veggies with rinds you don't eat

**Keep cold foods cold and hot food hot:** Chill and refrigerate leftovers immediately and make sure that hot foods remain hot

**Wipe away the germs:** Use a disinfectant such as LYSOL® Antibacterial Kitchen Cleaner to prevent cross-contamination in the kitchen and around the grill area.

## Don't Let Foodborne Illness Spoil Your Summer Fun

Cross-contamination is the accidental spread of germs from food to surfaces, like cutting boards and counters, or to other foods that are not cooked, like salads and breads.

Keep meats and vegetables separate: To avoid cross-contamination, when the juices from raw chicken or meats are left on a cutting board or plate, use a separate one for vegetables and fruits.

For additional information on how to avoid foodborne illness, call for a free copy of the "Summer Safety—Put Your Family First on the Road to a Safe and Healthy Summer" brochure at 1-800-99-LYSOL.

provides a wide selection of current, ready-to-use copyright free news stories and ideas

for Television, Print, Radio, and the Web.

is a niche service in public relations, offering access to print, radio, television, and now

the Internet media, with ready-to-use, editorial "fill" items. Monitoring and analysis are two more of our primary services. The service supplies access to the national media for marketers in the private, the public, and the not-for-profit sectors. Your corporate and product news, consumer tips and information are packaged in a variety of ready-to-use formats and are made available to every Canadian media organization including weekly and daily newspapers, cable and commercial television stations, radio stations, as well as the Web sites Canadians visit most often. Visit

and learn more about

the NC services.

### **Foodborne Illness: Did You Know?**

#### **By News Canada**

(NC)—Although most recover completely from it, some people who get food poisoning (foodborne illness) may develop long-term health problems as a result. Illnesses such as chronic arthritis, and hemolytic uremic syndrome (HUS), which leads to kidney failure, affect not only those afflicted, but also society and the economy at large. Health Canada estimates that the costs associated with these illnesses exceeds \$1 billion per year.

One way to avoid foodborne disease is to exercise care when grilling those hamburger patties on the barbecue this summer. Cook to temperature not to colour. According to recent studies, visual clues such as clear running juice or brown coloured centres are not always reliable. Health Canada recommends cooking ground beef to 71°C (160°F), and testing with a food thermometer. When patties are almost done, remove from heat and insert an instant-read food thermometer sideways into the centre of the thickest burger. If the temperature registers at least 71°C (160°F), the burger is done, if not, continue cooking until a minimum temperature of 71°C (160°F) is reached. At this temperature E.

## Don't Let Foodborne Illness Spoil Your Summer Fun

coli (the bacteria that may be present in ground beef) is killed and the patties are considered safe to eat. For more information on food safety, visit the Canadian Partnership for Consumer Food Safety Education Web site at

provides a wide selection of current, ready-to-use copyright free news stories and ideas

for Television, Print, Radio, and the Web.

is a niche service in public relations, offering access to print, radio, television, and now

the Internet media, with ready-to-use, editorial "fill" items. Monitoring and analysis are two more of our primary services. The service supplies access to the national media for marketers in the private, the public, and the not-for-profit sectors. Your corporate and product news, consumer tips and information are packaged in a variety of ready-to-use formats and are made available to every Canadian media organization including weekly and daily newspapers, cable and commercial television stations, radio stations, as well as the Web sites Canadians visit most often. Visit

and learn more about

the NC services.

### Related Content:

Foodborne Illness: Did You Know?  
How To Protect Yourself Against Foodborne Illness  
Food Safety Begins In The Home  
Is Your Recipe Safe?  
Safeguarding Your Food

Read more Content at

### Related Products:

Start your Own Wedding Videography Business  
Tetris Game  
Vintage Crochet Patterns Bridal  
Natural Pain Management  
Making money at online auctions

: A genuine resource center for Quality Ebooks and Softwares

Don't Let Foodborne Illness Spoil Your Summer Fun



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**