

EAT WELL, AGE WELL.

Monthly Tracking Calendar-Food Safety Tips for Holidays

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: CHECK YOUR REFRIGERATOR TEMPERATURE WITH A CALIBRATED THERMOMETER TO ENSURE THE INSIDE IS BELOW 40 DEGREES FARENHEIT.

WEEK 2: REMIND YOURSELF AND YOUR HOUSEHOLD ABOUT THE IMPORTANCE OF HANDWASHING WHEN PREPARING FOOD, EATING, AND AFTER USING THE RESTROOM.

WEEK 3: SORT YOUR REFRIGERATOR AND FREEZER SO THAT RAW MEAT, SEAFOOD, AND EGGS ARE SEPARATE FROM OTHER ITEMS. IF FOOD IS SHELVED, STORE THE RAW ITEMS ON THE BOTTOM SHELF.

WEEK 4: WRITE DOWN IMPORTANT MEAT COOKING TEMPERATURES AND POST IT IN YOUR KITCHEN AS A REFERANCE. FOR EXAMPLE, POULTRY IS 165°F, PORK IS 160°F, AND CERTAIN FISH IS 145°F.

Complete the Weekly Challenges & you will feel better and be more in control of your health. You got this!