



Bathroom Buzz

September is National Food Safety Month



Food Safe Shopping & Storage

Following these tips when buying and storing food can help prevent foodborne illness

DO



DON'T

Keep produce separate from meat, poultry, seafood, and eggs in shopping carts and bags

Choose meat, poultry, or seafood in damaged or leaking packaging

DO



DON'T

Place meat, poultry, seafood, and eggs in plastic bags at checkout

Buy eggs with cracked shells or damaged cartons

DO



DON'T

Keep produce and other ready-to-eat foods in a separate area of the refrigerator from meat, poultry, seafood, and eggs

Remove eggs from carton or keep them in the refrigerator door

DO

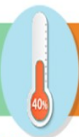


DON'T

Refrigerate food within 2 hours of grocery shopping, or 1 hour if kept in air temperatures above 90 °F

Place raw meat, poultry, or seafood on upper shelves of the refrigerator where they can drip onto other foods

DO



DON'T

Set refrigerator temperature to 40 °F or below and freezer at 0 °F or below (as indicated by an appliance thermometer)

Overfill the refrigerator or freezer

DO



DON'T

Defrost food in the refrigerator, in cold water, or in the microwave - and cook immediately

Thaw meat, poultry, or seafood on the counter

According to the [Centers for Disease Control and Prevention](#), every year, an estimated 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die from eating contaminated food.

Anyone can get sick from a [foodborne illness](#) (also called food poisoning).

Learn how to [take steps to help prevent food poisoning](#), and show others how to keep food safe

Source: www.fightbac.org

Get tips to keep your great delivered foods safe!



A message from the Partnership for Food Safety Education

I Didn't Know That!

Alzheimer's disease is the most common form of dementia, affecting about 6 percent of people 65 and older.

Nearly 6 million Americans are living with Alzheimer's disease. It is projected that by 2050, 14 million Americans will suffer from it. If you are one who cares for a person with Alzheimer's, taking steps to make your home safe is important. Here are a few tips to make your home safer so, individuals feel like they have more independence:

Handrails defend you from falls on stairways. Make sure they are installed correctly.

Remove **small rugs, unused items, or electrical cords** that might be in a person's path. Falls are a leading cause of unintentional injury among adults age 65 years and older.

Good **lighting** allows everyone to see clearer. Appropriate lighting, without glare or shadows, can reduce eye fatigue and headaches.

Lock up **cleaning or unsafe items** so, there isn't confusion of product usage. Elderly are at a greater risk of death than younger victims because of their aging bodies for the liver and kidneys do not remove toxins as well.

Remove **busy curtain or rug patterns** that can add to visual confusion. Also, think about **storing coats, hats, keys, and wallets** in a closet so, it doesn't trigger a person's instinct to leave.

For a complete list of household safety tips visit: alzheimers.gov

Families experience stress and want to provide good care so, consider a few of these tips to make your house more comfortable for your loved one with Alzheimer's disease.

Source: Tessa Hobbs-Curley, Family Life Educator; <https://www.alzheimers.gov/life-with-dementia/tips-caregivers#tips-for-home-safety-for-people-with-dementia-> <https://nationaltoday.com/world-alzheimers-month/#how-to>