Central Michigan District Health Department

Promoting Healthy Families, Healthy Communities

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PRESS RELEASE FOR LOCAL MEDIA

To: **Local News Media**

From: **Central Michigan District Health Department**

RE: **CMDHD Offers Tips to Keep Holiday Food Safe**

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Keeping Holidays Tasty and Safe: CMDHD Offers Tips for Healthy Celebrations

With the holidays coming up, Central Michigan District Health Department (CMDHD) wants everyone to have a great time while staying healthy. CMDHD knows holidays mean yummy food, and we're sharing easy tips to keep your celebrations sickness-free.

"When we celebrate with family and friends, we want everyone to enjoy good food without getting sick. Following these simple tips will help keep everyone safe and happy," said Steve King, CMDHD Environmental Health Director.

To make sure your holidays are safe and fun, CMDHD suggests that you:

- Wash Your Hands: Wash your hands with soap and water for at least 20 seconds, especially before touching food.
- Handle Food Safely: Keep raw meats away from other foods to avoid making people sick. Use different cutting boards and utensils for raw meat, including chicken and fish. Cook food to the right temperature and put leftovers in the fridge quickly.
- Thaw Food Safely: If you're cooking frozen meat, thaw it in the fridge or cold water, not at room temperature.
- Store Food Right: Keep perishable foods in the fridge at 40°F (4°C) or lower. Check expiration dates and toss anything past its prime.
- Take Care of Leftovers: Leftovers are part of the fun but put them in the fridge within two hours and heat them up properly.
- Watch Raw Eggs: Be careful when using raw eggs in recipes. Try using pasteurized eggs for dishes that need raw or slightly cooked eggs.

- Think About Guests: Know if your guests have food allergies or special diets and be careful not to mix their food with others.

CMDHD hopes everyone can share these tips with friends and family to make the holidays safe for everyone. For more help with holiday food safety, visit https://www.cdc.gov/foodsafety/prevention/food-safety-seasons-holidays.html. Protect yourself and your loved ones by getting vaccinated for COVID-19 and the seasonal flu. Find a walk-in clinic or appointment at https://www.cmdhd.org/countyimmunizations.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon. Visit our website at www.cmdhd.org and follow us on Facebook and Instagram.

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