



WILL COUNTY HEALTH DEPARTMENT
&
COMMUNITY HEALTH CENTER

For Immediate Release

August 21, 2008

News media calls to Vic Reato: Media Services Manager at (815)727-5088.

HEALTH DEPARTMENT OFFERS SAFE FOOD HANDLING TIPS

JOLIET – Did you know that Americans will account for nearly 76 million cases of foodborne illness (FBI), during 2008?

Worse yet, FBIs will hospitalize more than 325,000 by year's end, and claim 5,000 American lives.

Good food safety habits can help you and your family avoid a potentially serious illness. The Will County Health Department offers a few simple tips designed to help you avoid becoming a FBI statistic.

1. Always remember to keep hands and food preparation surfaces clean. Wash hands, utensils and cutting boards before, and after contact with raw meat, poultry, seafood and eggs.
2. You can reduce the potential for FBIs by keeping raw meat and poultry apart from foods that won't be cooked right away. Use one cutting board for salads and another for poultry, meat, or seafood.
3. Always remember that you can't tell whether food is cooked safely by the way it looks. Learn all you can about the internal cooking temperatures needed to make sure the food you are preparing is safe from bacteria. Use a food thermometer to insure that proper cooking temperatures are maintained.
4. An appliance thermometer is also important for food safety. Refrigerate all leftovers as soon as possible and make sure the storage temperature is below 40° F. Chill all leftovers within two hours of eating. Food should be stored in shallow containers for rapid cooling.

September is National Food Safety Education Month. For more information about food safety, visit www.befoodsafe.gov <<http://www.befoodsafe.gov/>>.

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