

Summertime Food Safety

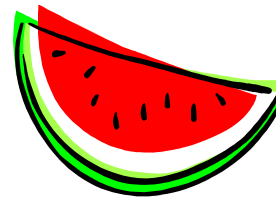
Food Safety Tips

Barbecues, beaches, camping and cookouts— that's what summer is all about. However, summer also calls for keeping a cool head about food safety when the temperatures get hot. Food-borne illness can really put a damper on your summertime fun. Symptoms like cramping, diarrhea, nausea/ vomiting, fever, and headache usually begin within hours of eating bacteria-laden food.

By following these food safety guidelines, you can minimize your risk of food-borne illness and enjoy relaxing times with friends and family:

- Refrigerate perishables within two hours unless the tempera-

ture is above 90 degrees, then within an hour.



Watermelon

- Clean hands and sanitize food surfaces before and after food preparation and handling raw meat.
- Let foods marinate in the refrigerator, not on countertops.
- Never put cooked meat back on the same platter that held it before you cooked it.
- Use a food thermometer when grilling meats to ensure they are cooked to the proper temperature.

Exciting News:

Northwest Chiropractic Center and Lew Estabrook, DC have been selected by their medical peers and have been published in **Seattle Magazine** for "Top Doctors 2013." Dr. Estabrook has received this honor two consecutive years.

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