



## TIS THE SEASON TO BE HEALTHY

December 23, 2021 - Break out the ugly sweaters and hide your eggnog, the holidays are here to greet us once again. Throughout all the ruckus, try to remember what's important this Holiday season - keeping our loved ones and ourselves safe and healthy.

District Health Department #10 wants to share some simple techniques to keep your favorite dishes from turning on you.

1. **Practice safe shopping** - While in the store, inspect meat, poultry, and fish to be sure packaging is not damaged or torn and that canned goods are free of dents, bulges, and leaks.
2. **Keep it clean** - Keep hands, utensils, and surfaces that encounter food clean. Wash your hands with warm water and soap for at least 20 seconds before and after handling food, especially after touching meat, poultry, eggs, or seafood, to remove harmful bacteria.
3. **Separate, don't cross-contaminate** - To prevent bacteria from crossing from one food to another, always keep raw meat, poultry, and seafood (and their juices) and eggs separate from ready-to-eat foods.
4. **Stay away from the "danger zone"** - Follow the 2-hour rule: refrigerate or freeze perishable foods and leftovers within two hours and discard any cooked or perishable foods left at room temperature for longer than 2 hours.
5. **Handle leftovers with care** - Divide cooked leftovers into shallow containers (e.g., slice roasts or divide casseroles into smaller portions), label packages with the current date and put them in the refrigerator or freezer within 2 hours of cooking to promote rapid, even cooling.



### MEDIA CONTACT

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### COUNTIES SERVED:

Crawford  
Kalkaska  
Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford

More information on food safety can be found at [www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety).

For more information on hand washing, please visit [www.cdc.gov/handwashing/](http://www.cdc.gov/handwashing/).

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