

## **Summer Food Tips**

The Faith Community Health Team would like to remind you to care for yourself and others by avoiding food poisoning this summer. When the temperature is 90 degrees or more, refrigerate perishables within one hour whether it is groceries or picnic foods. Also, if you grill, clean your grill after each use and throw out any marinates which have touched raw foods. For more information and summer food tips, visit <https://www.cdc.gov/foodsafety/newsletter/food-safe-summer-5-22.html> .