

# REAL EMPLOYEE STRENGTH

July 2011

Strength Through Health

## Strengthen Your Food Safety IQ

### Food Safety at Work

- **Potlucks, Picnics, and Parties** — These are great activities at work, but remember to put food away. Don't leave food sitting out at room temperature for more than 2 hours.
- **Pack it Safely** — To keep your lunch cool away from home, pack a small frozen gel pack or frozen juice box. Once a gel pack or other cold source melts, perishables are not safe to eat. It's best to throw them away.
- **Safe at Room Temperature**—fruits, vegetables, jelly, juice, mustard, pickles.



### Take Home Message

Put leftovers from dinner into several small containers instead of one big one. This allows food to cool faster and safer, and you get lunch size portions for easy packing.

### Strengthen Your Health Savings

Buy just the amount of fresh produce you can easily use before it spoils.

If your garden produces more than you can use, trade with your coworkers or donate the excess.

