

## **September is Food Safety Month! “Keep Hands Clean with Good Hygiene”**

“Go wash your hands!” We have all heard that before, right? Moms everywhere have uttered those words to kids before dinner, after playing with the dog, and of course when they are sick. Well, Mom was right...again. It turns out that your health and your food are in your hands. Your CLEAN hands, of course!

According to the Food and Drug Administration, 20% of consumers skip the critical first step in keeping foods safe to eat – washing their hands. Sure, your hands may look clean, but bacteria are sneaky little critters and cannot be seen, tasted, or smelled. The Centers for Disease Control estimates that 79 million people in the United States become ill from a food-related disease each year. Poor hygiene, which includes unwashed or inadequately washed hands, contribute to many of those food related illnesses. Remember washed hands are safe hands,!

So next time you're preparing a family meal or just fixing a quick snack on the go, remember the wise motherly advice and “Keep your hands clean with good hygiene!” Funny how moms always know best!

For more food safety information, visit these web sites:

**[www.foodsafety.gov](http://www.foodsafety.gov)**  
**[www.fightbac.org](http://www.fightbac.org)**  
**[www.fsis.usda.gov](http://www.fsis.usda.gov)**  
**[www.mobeef.org](http://www.mobeef.org)**