This newsletter is sponsored by the University of Hawaii CTAHR Fruit & Vegetable Project “Nutrition is the link between agriculture and health”.

Making Summertime Safe

Summertime and cool, crowded beaches provide an opportune time and place for bacteria (BAC) to strike. You cannot see, smell, or feel them, but they can make people sick. Millions of bacteria may already be invading your food products, kitchen surfaces, knives and other utensils.

However everyone has the power to Fight BAC and keep food safe from harmful bacteria!

During warm summer months with more outdoor activities, it is especially important to take extra precautions and practice safe food handling when preparing perishable foods such as meat, poultry, seafood and egg products. The warmer weather conditions may be ideal for outdoor picnics and barbecues but they also provide a perfect environment for bacteria and other pathogens in food to multiply rapidly and cause foodborne illness. Follow the suggestions below to Fight BAC! (foodborne bacteria) and reduce the risk of foodborne illness this summer.