

Enjoy fresh, wholesome foods at home and remember to take steps to protect yourself and your family from foodborne illness:

- Start meal preparation with clean hands and surfaces.
- Rinse fresh fruits and vegetables under running tap water and blot dry with paper towel.
- Keep raw meat, poultry, seafood and eggs and their juices away from ready-to-eat foods like salad ingredients.
- Cook meat, poultry and seafood to a safe minimum internal temperature as measured with a food thermometer.

More information on National Nutrition Month® is available from the [American Dietetic Association](#).