NATIONAL FOOD SAFETY EDUCATION MONTH
“Keep Hands Clean with Good Hygiene”

The [insert county name here] County Cooperative Extension office announced today it will partner with the National Restaurant Association Educational Foundation (NRAEF) and participate in the 2005 National Food Safety Education Month™, this September, to showcase its commitment to food safety education and training. This year’s theme, “Keep Hands Clean with Good Hygiene,” focuses on the important procedures necessary for proper hand washing.

“We are excited about participating in this month-long campaign,” said County Extension Agent [insert agent name here]. “Food Safety Education Month gives us an opportunity to highlight safe food-handling practices consumers should follow to keep foods safe in their homes.”

Each year, the Centers for Disease Control and Prevention estimate that there are 76 million cases of foodborne illness resulting in 325,000 hospitalizations and 5,000 deaths. Frequent hand washing is one of the best ways to stop the spread of harmful bacteria which may cause foodborne illness.

Observations of 6,333 adults in public restrooms showed that only 68% of them washed their hands. “Hand washing is one of the easiest personal habits we can have to prevent foodborne illness” says [insert agent name] and yet people don’t take the time to do it properly or at all”.

A good hand wash only takes 20 seconds! Consumers should wash hands in hot soapy water before preparing food and after using the bathroom, changing diapers, and handling pets. For best results, consumers should use warm water to moisten their hands and then apply soap and rub their hands together for 20 seconds before rinsing thoroughly. Next, hands should be dried with a paper towel.

“Twenty seconds is the time in which you can sing ‘Happy Birthday’ twice to yourself. Such a small investment of your time can help you stay healthy and well” [insert agent name here] added.

To learn more about safe food handling practices and to participate in special Food Safety Education Month activities scheduled during September, call your local County Extension office at [insert information here].
2005 National Food Safety Education Month
Amanda Scott, Program Specialist, Expanded Nutrition Program
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Food Safety Education Month Logo
Can be accessed at: http://www.nraef.org/nfsem/logo.asp

National Food Safety Education Month®
National Restaurant Association Educational Foundation