



September is National Food Safety Education Month!



Let's talk about Food Safety for a minute. Food Safety is important in preventing you and your family from getting sick. Taking an active role in preventing foodborne illnesses requires four simple steps: **CLEAN, SEPARATE, COOK,**

CHILL. As part of your child's meal bundles, you receive a variety of nutritious and delicious foods that require proper storage. Let's make sure to **#SEPARATE** your meal items, **#CLEAN** fruits and veggies by washing under running water, follow reheating instructions **#COOK**, and refrigerate milk, juices, and next-day meals **#CHILL.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6	7 	8 Check out this Food Safety Video , and the handouts provided below to help you make safer choices that will ensure your children enjoy safe and nutritious meals at home! English Spanish	9 There are 4 steps in keeping food safe. Step 1 is “Clean”. Let’s learn to basics. English Spanish	10 Step 2 to keeping food safe is “Separate”. Let’s learn how to separate food properly. English Spanish	11 Step 3 in keeping food safe is cooking food to proper temperatures. Click below to learn tips on cooking food safely. English Spanish	12
13	14 Chilling food for later use, or keeping cold foods cold in very important. Let’s take a look at Step 4 “Chilling” English Spanish	15 Keeping your food safe involves handling it with clean hands. Learn the steps to proper handwashing below. English Spanish Activity English English Key Activity Spanish (Spanish Key)	16 Tips on keeping food safe when cooking at home. English Spanish Matching Activity English English Key Matching Activity Spanish Spanish Key	17 Practice finding Food Safety Vocabulary in this Word Search below. English (English Key) Spanish (Spanish Key)	18 It’s nice to enjoy a pic-nic every once in a while. Click below to learn tips on handling food safely while eating outdoors. English Spanish Activity English English Key Activity Spanish Spanish Key	19

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20	21 Life happens, and sometimes we don't end up eating at home. When we eat outside of our homes, there are some things to keep in mind. Check them out below. English Spanish Activity English English Key Activity Spanish Spanish Key	22 Ready to eat foods are convenient, but most importantly, knowing how to store them properly is a key factor in keeping food safe. English Spanish Activity English English Key Activity Spanish Spanish Key	23 Learn how to safely select, store, and prepare fruits and vegetables. English Spanish	24 Juices provide important nutrients, but there are some key points to know about which juices are safe to consume. English Spanish	25 Eggs offer an array of nutrients such as Vitamins A, D, E & K, along with B Vitamins and Minerals. Below you will learn how to ensure Eggs are kept safe. English Spanish	26
27	28  No Classes Today	29 Learn the do's & don't's of Food Safe Shopping and Storage. English Spanish Activity English English Key Activity Spanish Spanish Key	30 Let's practice our Food Safety knowledge by completing this Crossword Puzzle! English (English Key) Spanish (Spanish Key)			