



## Marion County Board of County Commissioners



### UF/IFAS Marion County Extension Service

2232 N.E. Jacksonville Rd.

Ocala, FL 34472

[www.marioncountyfl.org/IFASextension.htm](http://www.marioncountyfl.org/IFASextension.htm)

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## **PRACTICE SAFE FOOD HANDLING SKILLS TO AVOID HOLIDAY SICKNESS**

Immediate Release

**MARION COUNTY, Fla.** (Nov. 3, 2009) – During the busy holidays, we sometimes get caught up in all of the festivities and forget to practice safe food handling skills, which can lead to foodborne illness. Extension Service would like to remind county residents of a few food safety guidelines to help create a safer holiday season for everyone.

Follow the four USDA Fight BAC!<sup>TM</sup> guidelines in every step of food preparation to keep food safe:

1. Clean — wash hands and surfaces often.
2. Separate — don't cross-contaminate.
3. Cook — cook food to proper temperatures.
4. Chill — refrigerate items promptly.

If you have ever wondered how to safely prepare foods made with raw eggs (such as eggnog), roast a stuffed turkey or keep food safe on a buffet table, then you will want to attend a free class on Food Safety for the Holidays on Nov. 18, from 9:30 to 11:30 a.m. at the UF/IFAS Marion County Extension Service, located at 2232 N.E. Jacksonville Road in Ocala. To register, call Extension Service at 352-671-8400. Pre-registration is required. Attendees must register by Friday, Nov. 13.

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