



WILLIAMSON COUNTY AND CITIES HEALTH DISTRICT

NEWS RELEASE

Contact: Melissa Cole, MS, CHES 512-248-3252

FOR IMMEDIATE RELEASE

Williamson County and Cities Health District Encourages Food Safety Through Celebrating National Health Education Week

October 20, 2009 (Williamson County) –

Williamson County and Cities Health District (WCCHD) provides presentations and classes on a variety of health education topics throughout the community. Topics include nutrition, physical activity, overweight and obesity, diabetes management, injury prevention, and parenting. All presentations and classes are available in English and Spanish at no cost.

WCCHD is celebrating National Health Education Week during October 19-23, 2009. This year's theme is Let's Dish: Food Safety at the Table. There are four steps to keep in mind regarding food safety: clean, separate, cook, and chill. First, all cooking equipment and surfaces should be properly cleaned. Second, raw meats should be kept separate from other foods to avoid cross-contamination. Third, foods should be heated and re-heated to proper temperatures. Finally, refrigerate foods within an hour of cooking and always thaw frozen meats in the refrigerator and not on the counter or in the sink.

More in-depth information on nutrition and food safety is available by participating in the Raising Healthy Families program. This program is comprised of six classes and is designed for families of children age three to twelve years old. Participants of this program learn the knowledge and skills necessary to prepare healthy meals for their family as well as tips for family physical activity.

To learn more about Raising Healthy Families or any of the health education presentations and classes WCCHD offers please contact the Community Health Education team at healthed@wcchd.org or call 512-248-3252.

For more information about *your public health department* please visit www.wcchd.org.