Keeping meals safe when on the road

When you take a trip, the last thing you want is to get sick. So before you leave, check out these food safety tips to make sure your time off isn’t spoiled by foodborne illness:

• Don’t leave food out for longer than an hour when it’s more than 90°F outside.
• Keep food that can spoil in coolers with ice or freezer packs.
• If you have to pack raw meat and poultry, make sure it’s frozen in an ice-filled cooler and kept away from other foods.
• Fill coolers to the top with ice and keep the lid closed.
• Keep outside coolers in the shade. Cover with a light-colored blanket or other item to help reflect heat.
• Don’t drink water from streams or rivers as germs in the water might make you sick. Bring along bottled water and water purifying tablets.
• Take moist throw-away hand wipes and clean your hands often.
• Throw away old canned goods from vacation homes or recreational vehicles.
• Make sure refrigerators and cooking tools are clean before using.

You don’t want any bumps in the road when you are traveling. Follow food safety tips for healthy and happy travel.

Sources: United States Department of Agriculture; U.S. Department of Health & Human Services

Protect the skin you’re in

Skin cancer is the most common cancer in the United States and one of the most preventable. Every year, there are 63,000 new cases of melanoma resulting in 9,000 deaths. Melanoma is the deadliest form of skin cancer.

The most common cause? Exposure to Ultraviolet (UV) radiation is the most common cause of skin cancer and is present in sunlight. A Centers for Disease Control (CDC) study shows that most Americans are not protecting themselves from the sun’s harmful UV radiation.

Less than 15 percent of men and 30 percent of women use sunscreen regularly when outside for longer than one hour.

Sun protection that works:

• Use broad spectrum sunscreen with SPF 15+ to protect exposed skin.
• Stay in the shade especially during midday hours.
• Wear a hat, sunglasses and fully covering clothes to protect skin.
• Sunscreen works best when used with shade or clothes, and re-apply every two hours, especially after swimming, sweating and toweling off.

Sources: U.S. Department of Health and Human Services; Centers for Disease Control and Prevention
Don’t cut corners mowing

Rethink your drink

Keep kids safe around riding lawnmowers

Smart beverage choices can help cut calories