



Benzie County Office
6051 Frankfort Hwy, Ste 100
Benzonia, MI 49616

Phone: 231-882-4409
Fax: 231-882-0143

www.bldhd.org

Leelanau County Office
7401 E. Duck Lake Rd
Lake Leelanau, MI 49653

Phone: 231-256-0200
Fax: 231-882-0143

For Immediate Release
December 21, 2021

Benzie-Leelanau District Health Department Shares Holiday Season Food Safety Tips!

This holiday season do not let unwanted guests spoil your holiday parties. We all play a role in keeping food safe for family, friends, and yourself.

“With the Holiday Season approaching, we want to highlight some important food safety tips to help prevent foodborne illnesses,” shared Nick Dow, Food Program Supervisor. “It’s a good safety tip to keep in mind all year, not just in the holiday season. Food is an important source of nourishment and comfort and not something that should spoil your holidays.”

According to the CDC, 1 in 6 Americans get sick from food poisoning each year. By taking a few simple steps such as proper hand washing, raw meat storage, and taking care of leftovers, people can significantly reduce the risk.

This holiday season – is a perfect opportunity to review safe food handling practices. Each of us plays a role in keeping food safe, wholesome, and nutritious. This means:

- Paying close attention to personal hygiene like hand washing.
- Keeping food preparation and storage areas clean and sanitized.
- Maintaining temperature control for safety; and,
- Properly discarding food that is no longer wholesome or past its expiration date.

Whether you grow your own food, shop at a grocery store, or if you have groceries or meals delivered, it is important to follow safe food handling practices using these four steps:

1. Clean: Wash hands, utensils, and surfaces often.
2. Separate: Don’t cross-contaminate. Use separate cutting boards and plates for produce, meat, poultry, seafood, and eggs.
3. Cook to the right temperature. Food is safely cooked when the internal temperature is high enough to kill germs that can make you sick.
4. Chill: Refrigerate and freeze food properly.

For more information, visit www.FoodSafety.gov. Let’s all do our part to keep food safe, during the holiday season.

Media Contact:
Rachel Pomeroy, PIO
231-882-6085
RPomeroy@bldhd.org

###