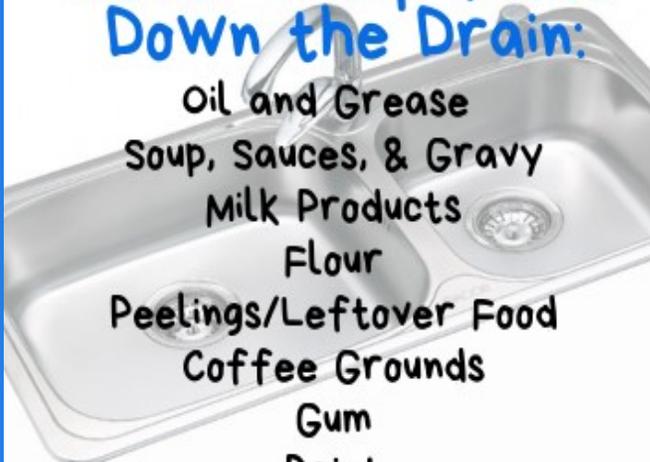


WHAT THE HEALTH!?

BE SEWER SMART!

Never Dump These Down the Drain:



- Oil and Grease
- Soup, Sauces, & Gravy
- Milk Products
- Flour
- Peelings/Leftover Food
- Coffee Grounds
- Gum
- Paint
- Cleaning Products

Never Flush These Down the Toilet:



- Wipes of Any Kind
- Feminine Products
- Diapers
- Cotton Balls & Q-Tips
- Medications
- Contact Lenses
- Band-aids
- Dental Floss
- Condoms
- Cat Litter
- Bleach

July 2019

Get Ready to Grill Safely

Clean

Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.



Cook

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at **225°F** to **300°F** to keep meat at a safe temperature while it cooks.

145°F	beef, pork, lamb, veal (then let rest 3 minutes before serving)
145°F	fish
160°F	hamburgers and other ground meat
165°F	poultry



Chill

Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep below **40°F** in an insulated cooler.



www.cdc.gov/foodsafety

Rabies Vaccination Clinic:

Thursday, July 25th from 6:00-8:00pm
Spencer Fire Station

Don't forget to Pre-Register at
www.health.ny.gov/go2clinic/54



Public Health
Prevent. Promote. Protect.

Tioga County