

Family and Community Health Sciences

Living Well: Food Safety And Your Health

The Department of Family and Community Health Sciences (FCHS) is part of Cooperative Extension, the outreach arm of the Rutgers New Jersey Agricultural Experiment Station. We serve more than 100,000 children and adults each year.



Food Safety: Safe Food Handling, Herbal Supplements, and Food Allergies

Food safety education is important. Certain at-risk individuals – young children, pregnant women, older adults and people with weakened immune systems – may suffer serious health consequences from foodborne illness. Herbal supplement use can pose a serious health risk for at-risk individuals and people who combine herbs with prescribed drugs. And, as the number of people with food allergies continues to rise, it is important to understand how to help these consumers strictly avoid the allergenic food to prevent a life threatening reaction.

With FCHS, Food Safety and Food Allergy Information Is Just a Click or a Call Away

FCHS uses a variety of methods to inform and teach people about these issues:

Workshops:

- **Fight Germs - Wash Your Hands** – An interactive workshop for children (preschool – 3rd grade) that includes a story or puppet show, hand-washing activity, and craft.
- **Handle with Care – Food Safety for Infants & Young Children** – Learn how to keep expressed breast milk, formula, and food safe for this at-risk population.
- **Food Safety for Food Servers** – Teach food service staff the basics of food safety... shopping, storage, preparation, and handling leftovers.
- **Emergency Readiness for School Food Service** – Train school food handlers on emergency & disaster planning (English & Spanish).



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For more information or to contact your local FCHS
educator visit www.njaes.rutgers.edu/fchs

- **Preventing Listeriosis: A Food Borne Disease** – An important food safety message for pregnant women and those with a compromised immune system.
- **Herbs & Health: Safety & Effectiveness** – Learn how to make informed decisions about using and selecting herbal supplements.
- **Living with Food Allergies** – Practical advice for everyday living for food allergic individuals, parents, and caregivers of food allergic children, schools, and organizations.



Tabletop Displays With Handouts:

- Germ Alert . . . Safe Food Begins with You!
- Living with Food Allergies.
- Fish & Health: A Guide for Pregnant Women and Those with Weakened Immune Systems.

Contact FCHS Today to Schedule a Workshop or Display

- Click on the FCHS Web Site
- Find the nearest county FCHS representative from the Cooperative Extension Directory – 732-932-5000, ext. 1.
- Contact your local FCHS office:

For more information, visit us at www.njaes.rutgers.edu/health.

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

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