



IS DINNERTIME THE MOST DANGEROUS PART OF YOUR DAY?



One in six Americans suffers from
foodborne illness every year.

MAKE FOOD SAFER

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**Team up with the
Center for Foodborne Illness
to make a difference in food
safety all over the country.**

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BE FOOD SMART



Learn more about your food, its supply chain, and safe food practices to help prevent foodborne illness.

Use safe water and raw materials.

Know the source of your food and avoid high-risk foods. Keep up-to-date on food recalls. Visit FoodborneIllness.org to sign up for email alerts about food recalls.

Clean.

Wash all produce before preparing. Do not wash meat and poultry products. Clean work surfaces before and after food preparation.



Separate.

Keep raw meat, poultry, seafood and eggs away from ready-to-eat foods and always use separate cutting boards.



Cook.

Cooking is the only way to kill pathogens in food. Use a digital meat thermometer, and visit FoodborneIllness.org for our cooking temperature chart.



Chill.

Always put food away quickly and use a thermometer in your refrigerator. Your refrigerator temperature should read 40 degrees or below.



Report foodborne illness.

If you are sickened with symptoms associated with foodborne illness (especially bloody stools):

- Contact your doctor.
- Ask that your stool be tested for foodborne pathogens.
- If the test is positive, ask your doctor to report your illness to the appropriate public health agencies.



CFI WORKS EVERY DAY TO MAKE FOOD SAFER

Founded in 2006 to help find science-based solutions for the food challenges of the 21st Century, CFI believes we all have a role to play in making our food supply safer.



CFI encourages and facilitates research that increases our knowledge about foodborne illness and leads to science-based, public health solutions to food safety challenges.

CFI raises awareness about the scope and impact of foodborne illness and provides consumers with the information they need to make educated choices about what they feed themselves and their loved ones.

CFI advocates on behalf of consumers for stronger food safety policies aimed at improving public health through the prevention of foodborne illness.

CFI builds strategic partnerships to advance the goal of a safer food supply and a public that is better educated on food safety issues.

CFI founders and leaders regularly speak on the topic of foodborne illness to media outlets, industry events and community groups around the world.



CFI is actively involved in promoting research and contributing to scientific publications.

You can make CFI's work possible with a tax-deductible donation. CFI is a 501(c)(3) organization.



FOODBORNE ILLNESS IS MORE SERIOUS THAN YOU THINK

- Children, pregnant women, seniors and those with compromised immune systems are at highest risk of developing serious complications.
- The majority of reported cases occur in children.
- Foodborne illness can lead to serious complications, including irritable bowel syndrome, kidney failure and death.



I WANT TO HELP CFI

meet its mission of making food safer for all consumers.

NAME _____

ADDRESS _____

EMAIL _____

Would you like to get news and updates in your email about CFI's progress? Yes No

I would like to make a donation of \$25 \$50 \$100 \$250
Other AMOUNT _____

Check enclosed OR Credit card payment

Card Type: Visa Mastercard
 Discover American Express

CARD NUMBER _____

EXPIRATION DATE _____

Please complete this form and send to: The Center for Foodborne Illness Research and Prevention, NEW ADDRESS TK.
 Please make checks payable to CFI.

FIND MORE TIPS AT FOODBORNEILLNESS.ORG



Connect with CFI Online

Visit **Foodborneillness.org** to learn more ways you can make a difference and help make our food supply safer.

On our website, you can sign up for email alerts, find us on Facebook and Twitter and get the most up-to-date news on CFI's initiatives, research and achievements.



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Foodborneillness.org
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