



## Cabarrus Health Alliance Launches Safe Summer Campaign: Ensuring Food Safety While Celebrating

FOR IMMEDIATE RELEASE

**Kannapolis, N.C. – Cabarrus Health Alliance, July 2, 2024** – As the summer season begins, Cabarrus Health Alliance (CHA) is thrilled to launch the Safe Summer Campaign, an initiative dedicated to educating the public on vital health and food safety practices. This initiative emphasizes the importance of clean hands and maintaining safe food temperatures to ensure a healthy and enjoyable holiday experience.

Proper hand hygiene and keeping all foods at safe temperatures in the heat are vital to preventing foodborne illnesses. CHA encourages everyone to prioritize these practices to safeguard their health and enjoy their summer gatherings.

With the summer sun shining bright, outdoor celebrations and picnics become a staple of the season. However, it's crucial to remember that food safety is key when eating outside or transporting food. Bacteria can multiply rapidly in warm weather, making it essential to keep food at safe temperatures to prevent foodborne illnesses.

**Hand Hygiene:** One of the most effective ways to prevent the spread of harmful bacteria is through proper hand hygiene. Always wash your hands with soap and water for **at least 20** seconds before and after handling food.

**Managing Food Temperature:** Maintaining safe food temperatures is critical during the summer. Cold foods should be kept at or below 41°F, and hot foods should be kept at or above 135°F. Use coolers with ice packs to keep perishable items cold and insulated containers to keep hot foods warm. Avoid leaving food out in the sun for extended periods.

**Cross Contamination:** Prevent cross contamination by using separate cutting boards, utensils, and plates for raw and cooked foods. Always cook meats to the recommended internal temperatures and refrigerate leftovers promptly.

Jennifer Hatley, Environmental Health Director, emphasized, "As we embrace the joys of summer, it's important to remember that food safety should be a top priority. By practicing proper hand hygiene and maintaining safe food temperatures, we can prevent foodborne illnesses and enjoy a safe, healthy summer season."



For more information on food safety tips, please visit [www.cdc.gov/food-safety](http://www.cdc.gov/food-safety).

**About Cabarrus Health Alliance:** Cabarrus Health Alliance is the public health authority of Cabarrus County. Cabarrus Health Alliance is an autonomous organization providing services and programs to meet public health needs. Cabarrus Health Alliance is a leader in public health and is nationally recognized for its innovation.

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