Food Safety at Fairs and Festivals

*Take time to check things out before you buy*

When eating food served at fairs and festivals, much of the food preparation and cooking is out of your control. There are things to consider when deciding which vendors to purchase food from in order to prevent contracting a foodborne illness.

- First, look to see if the vendor has a clean workstation. A clean workstation will help prevent cross-contamination.

- Next, look around to see if a wash station is nearby. If a wash station is close to the vendor, it is more likely that the employees wash their hands regularly.

- Take note of whether or not the employees wear gloves or use tongs, long-handled spoons, tissue papers or some other method to avoid bare hand contact with ready-to-eat foods.

- Look to see if there is refrigeration on site for raw ingredients and pre-cooked foods.

- Finally, make sure the vendor has been inspected. You can check with your local health department to see if vendors are licensed and if a food inspection has been completed.

Traffic Deaths Decrease 43% in Children

The Centers for Disease Control and Prevention reported that from 2002 to 2011, the number of deaths from traffic accidents decreased 43% in children 12 years of age and under. Sadly a third of those deaths occurred in children that were not protected with seat belts, car seats or booster seats.

The CDC recommends that children under age two ride in a rear-facing child safety seat. Then a child can graduate to a forward-facing child safety seat until at least age 5. Booster seats are needed for larger children through the age of 8 or until a regular seat belt fits well across the child’s shoulder. Generally this is when the child grows to be at least 57 inches tall. After that regular seat belts are mandatory for all children and adults.
How Old Are You Really?

You have probably known people that were “young” at age 80 and others that seemed old at 40. If you wish to get an estimate of your “fitness age,” you can use an on-line calculator from a Norwegian research group that figures out your fitness level without a treadmill test.

This calculator is based on your peak oxygen intake called the VO2 max. You will answer a few questions about your height, weight, exercise patterns, gender, pulse rate and waist size and then the calculator will determine your fitness age.

To access the on-line fitness calculator, go to www.worldfitnesslevel.org.

When entering your data, you will need to select feet for your height instead of centimeters and pounds instead of kilograms. To get an accurate pulse rate to enter, sit quietly for 10 minutes and then take your pulse for 10 seconds. Multiple this number by 6 and you have your pulse rate for 1 minute.

June is National Safety Month

Injuries are the leading cause of disability in people of all ages and the leading cause of death in Americans under age 45. Here are some effective strategies to reduce injuries:

**Prevent prescription drug abuse.** Overdoses of painkillers have become a real problem, especially in women. Lock these medications up so others cannot use them and dispose of them properly when they are no longer needed.

**Prevent slips, trips and falls.** One in three older adults falls each year. Remove rugs that slip, keep the rooms and hallways well lighted and remove furniture and toys from pathways.

**Avoid distracted driving.** Do not drive while texting, eating, applying make-up or talking on the phone. Almost 1 in 5 crashes (18%) that injure someone involve distracted driving.