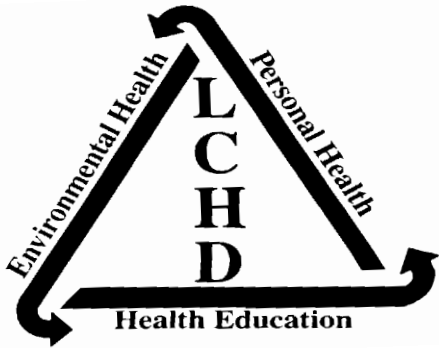


## **MEDIA RELEASE**



Date: August 31, 2023  
To: All Media  
From: LaSalle County Health Department  
717 Etna Road  
Ottawa, IL 61350  
Contact: Jenny Barrie (ext. 74315)  
Leslie Dougherty (ext. 74314)  
Phone: (815) 433-3366  
**For Immediate Release**

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### **“29<sup>th</sup> Annual Food Service Seminar”**

**Ottawa, IL** – The LaSalle County Health Department will be sponsoring their Twenty-Ninth Annual Food Service Seminar on September 11, 2023. The seminar will be held at Senica’s Oak Ridge, Rt. 6, LaSalle. Everyone is welcome to attend. Registration is from 8:00 a.m. to 8:30 a.m. The seminar will begin at 8:30 a.m. and will conclude at approximately 4:30 p.m. The day will consist of speakers from Quick-Kill Pest Eliminators, Illinois Valley Fire and Safety LLC, FYR-FYTER, Inc., Peoria City/County Health Department, Illinois Department of Public Health, and Peoria County Government. They will provide information on Pest Control, Fire Safety, Food Freedom in the United States, Foodborne Illness Outbreaks, Food Allergens, IDPH Food Program Update, Food Waste/Composting for Food Establishments, and Reduced Oxygen Packaging.

September is National Food Safety Education Month. It provides an opportunity to raise awareness about steps that can be taken to prevent food poisoning. The Centers for Disease Control and Prevention (CDC) estimates that each year roughly 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die of foodborne diseases. Food safety is an important public health priority. Foodborne illness is a common and costly problem; however, it is preventable. National public health surveillance data provides some insight into the causes of food borne illness, types of implicated foods, and where food borne outbreaks occur. This information is routinely evaluated by local health

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departments in an effort to implement food safety strategies to prevent and control food borne illness within our community.

Per CDC guidelines, as you prepare and handle food, follow these four steps to help prevent foodborne illness (also called food poisoning):

- Clean: Wash your hands, utensils, and surfaces often when you cook.
- Separate: Raw meat, turkey, chicken, seafood, and eggs can spread germs. Separate them from cooked food and fresh produce.
- Cook: Use a food thermometer to make sure foods are cooked to an internal temperature that kills germs.
- Chill: Refrigerate perishable foods (foods likely to spoil or go bad quickly) and leftovers within 2 hours, or within 1 hour if the food is exposed to temperatures above 90°F (like a hot car or summer picnic).

For more information about National Food Safety Education Month, visit the CDC website at

<https://www.cdc.gov/foodsafety/education-month.html>. To pre-register for the food service seminar,

please call the LaSalle County Health Department at (815) 433-3366 or visit [www.lasallecountyil.gov](http://www.lasallecountyil.gov).

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