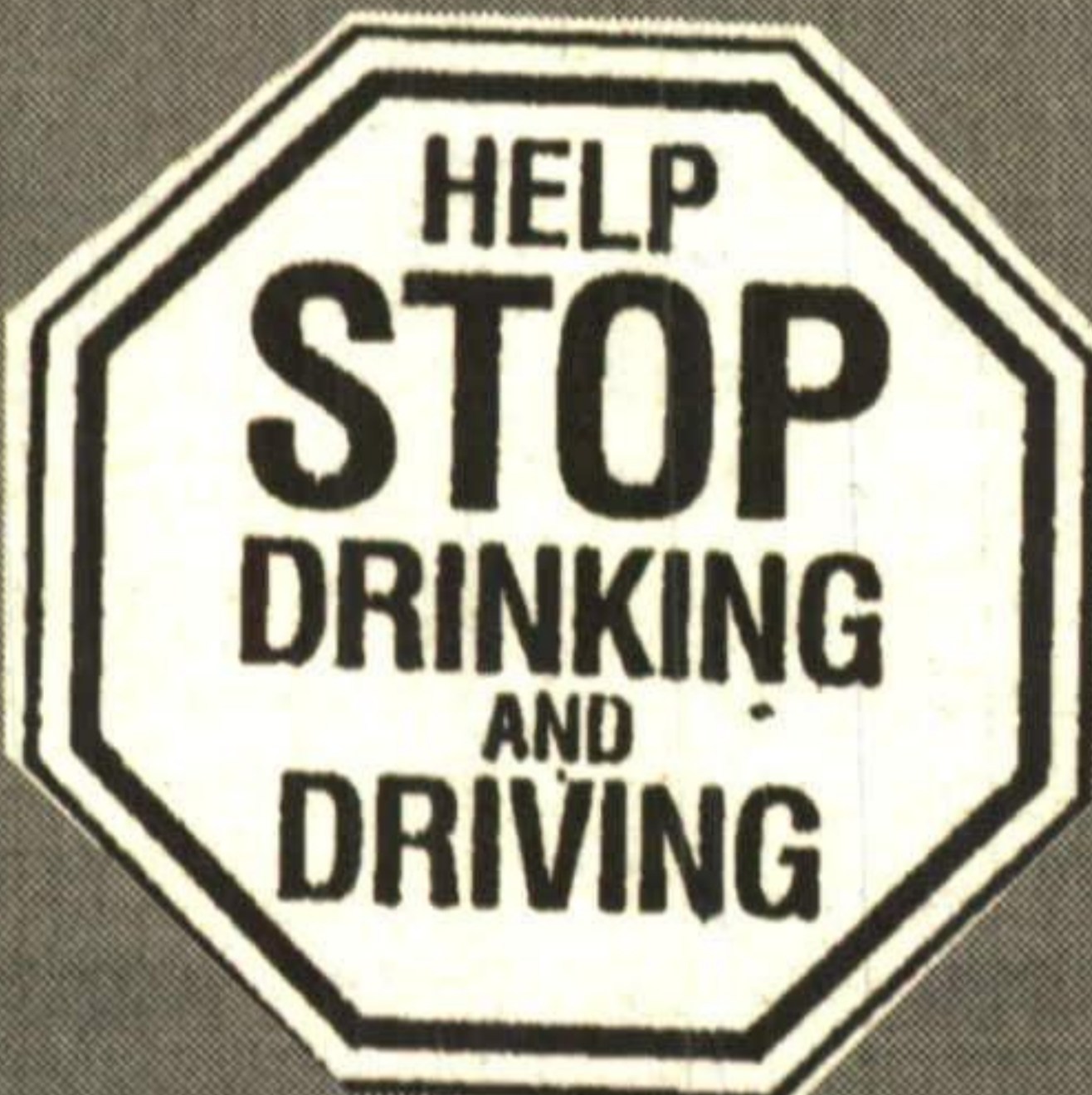
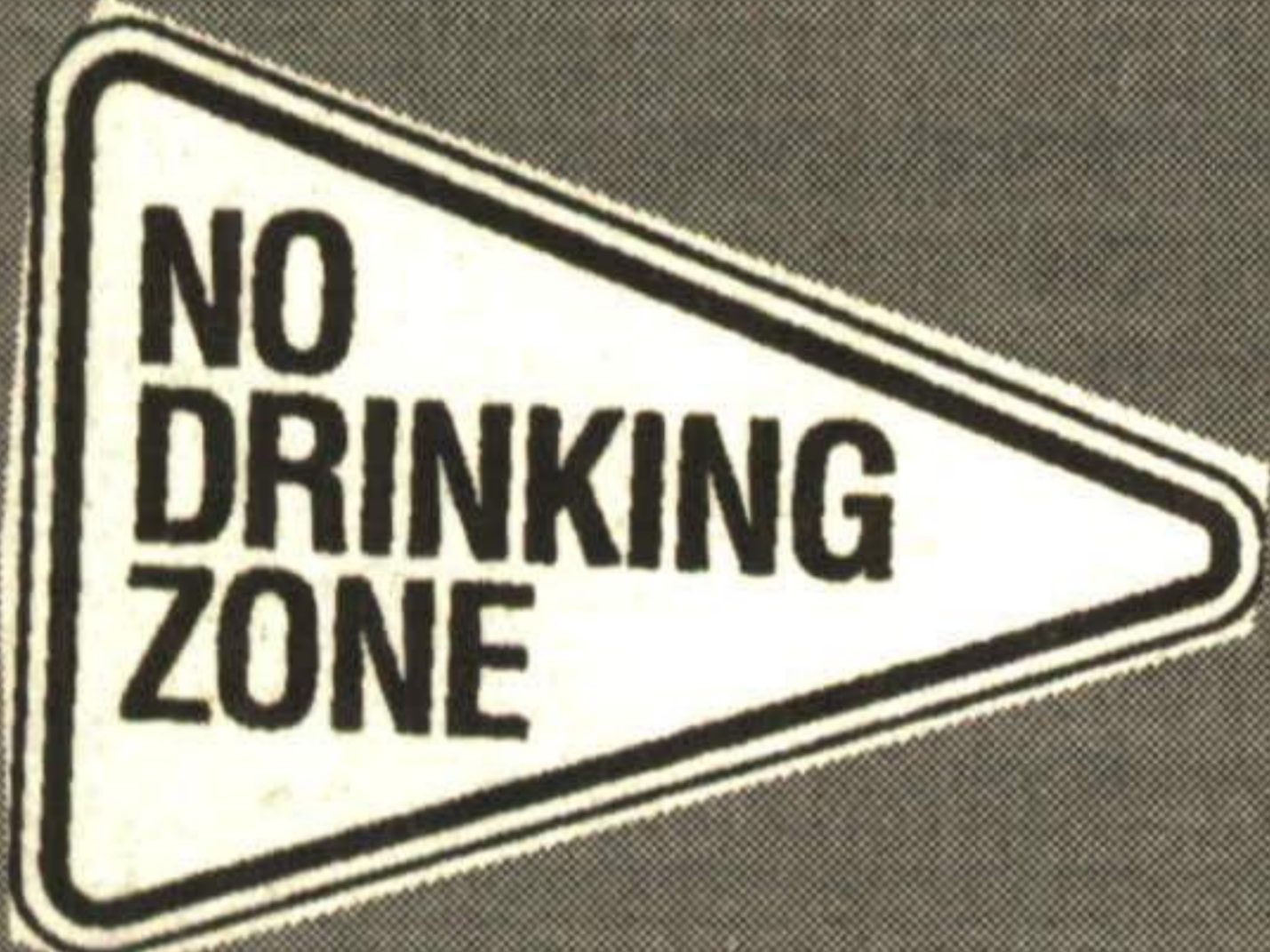


# OBEY THESE SIGNS FOR A SAFER HOLIDAY SEASON

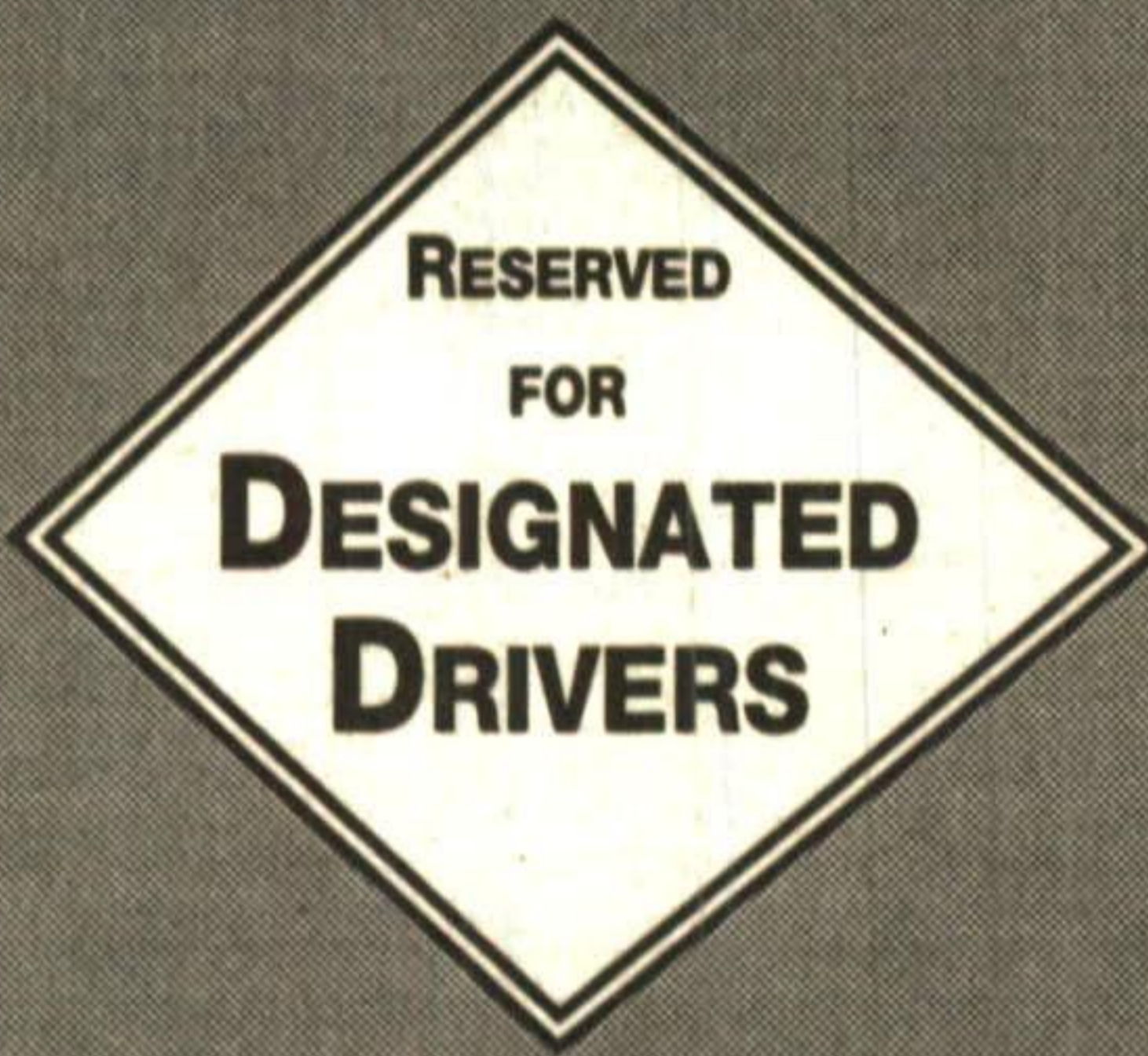


*Be a Pal  
Take the keys*

*Call a taxi,  
If you please*



*Don't you worry  
If you offend.  
Save a life,  
Be a friend.*



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**Next ORIENTATION for new volunteers Jan. 28**

For more information call **844-8211 ext. 282**

**CHILDREN'S AID FOUNDATION OF HALTON Friends**  
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Your Halton School Boards urge you to...

*Please Drive with Care this Holiday Season*

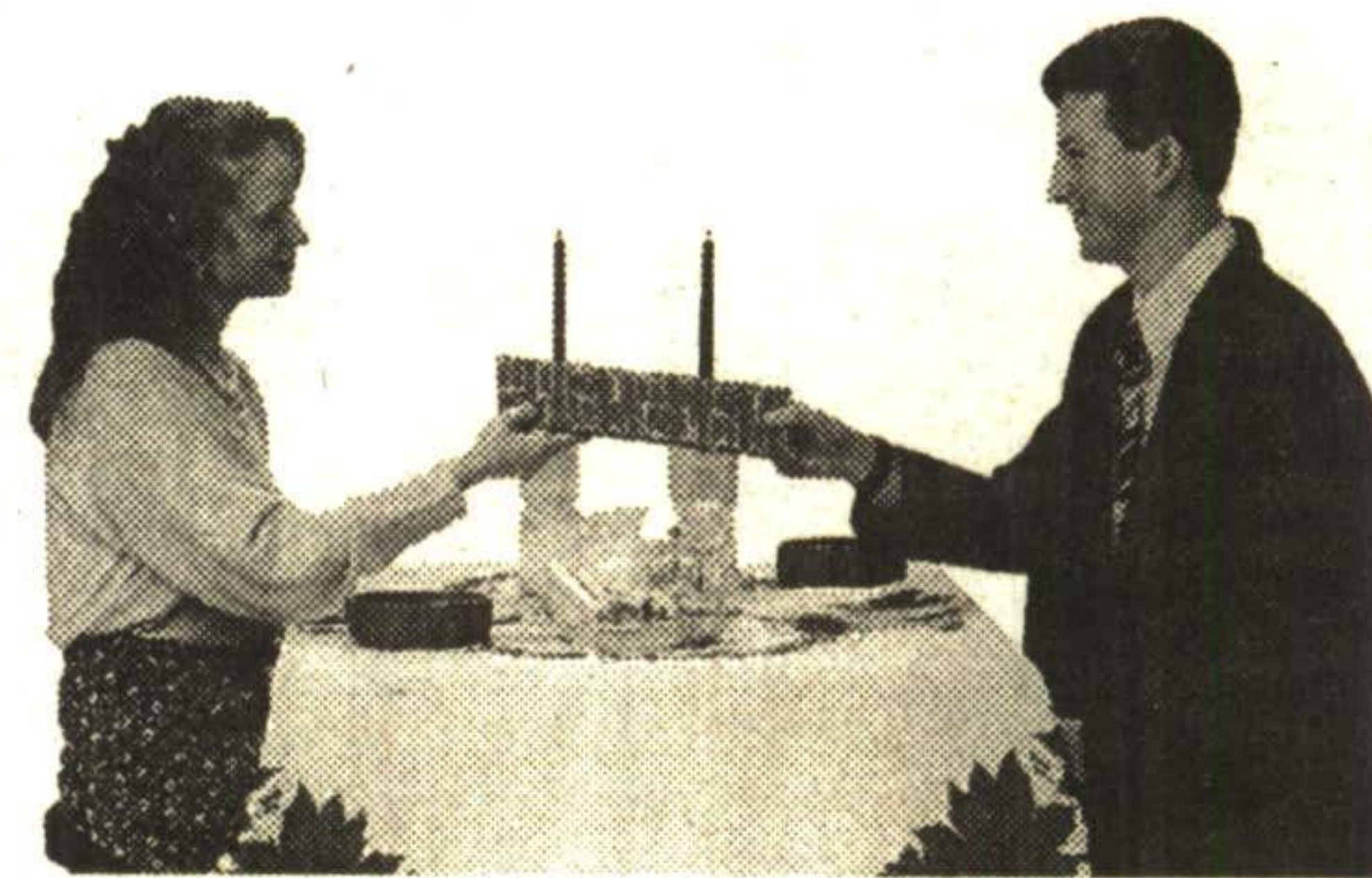
Linda Glover  
Chair

Bob Williams  
Director of Education



Donald Schrenk  
Chair

Fred Sweeney  
Director of Education



*Enjoy your holiday feast—without a visit to the doctor*

This holiday season, have your dinner party remembered for the right reasons and not because of food poisoning! Never had food poisoning? Perhaps you have but thought you were sick with flu. It's not always easy to tell if you have food poisoning. The symptoms ranging from nausea, vomiting, diarrhea, fever or cramps, can appear anywhere from 30 minutes to two weeks later. Most often, though, people get sick within four to 48 hours after eating the contaminated food.

Why? Because at the right temperature, bacteria you can't see, smell or taste in food can multiply to millions in a few short hours. In large numbers, they can cause illness.

There are precautions that can be taken to avoid contamination.

- When you shop, buy cold food last. Refrigerated food should be cold to the touch. Frozen food should be rock-solid.
- Canned goods should be free of dents, cracks or bulging lids that could indicate a serious food poisoning threat.
- Freeze fresh meat, poultry or fish if you can't use it within a few days.
- Put packages of raw meat, poultry or fish on plates before refrigerating so their

juices won't drip on other food. Raw juices often contain bacteria.

- When you prepare food, keep everything clean. Always wash your hands in warm soapy water before preparing foods.
- Thaw food in the refrigerator, microwave or oven, not on the kitchen counter. At room temperature, bacteria can grow in the outer layers of food before the inside thaws. Marinate in the refrigerator, too.
- When you serve food, use clean dishes and utensils to serve, not those you used when preparing the raw food.
- Keep cold party food on ice or serve it on platters from the refrigerator.
- Never leave served food out for more than two hours. Bacteria that can cause food poisoning grow quickly at room temperature.
- When you handle leftovers, use small containers for quick cooling in the refrigerator. Don't pack the refrigerator. Cool air must circulate to keep food safe.
- Remove stuffing from poultry and meats and refrigerate in separate containers.
- When you reheat, bring sauces, soups and gravy to a boil.

For more information, call the Food Safety Program at Halton Health Dept., 825-6211.



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*Merry Christmas from the staff at Wheels*