



SEPTEMBER 2025

National Food Safety Education Month

The CDC estimates that roughly 1 in 6 Americans get sick from eating contaminated food every year. There are ways to help prevent you and others from getting sick from a foodborne illness, and it starts with focusing on simple food poisoning prevention steps.

September is National Food Safety Education Month, so take measures to prevent food poisoning. The four core practices for food safety are cleaning hands and surfaces frequently, avoiding cross-contamination of meats and vegetables, cooking food to safe internal temperatures and refrigerating foods quickly to slow the growth of harmful bacteria.

Reach out to us for more nutrition and wellness resources.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div>Blood Cancer Awareness Month Healthy Aging Month National Food Safety Education Month</div><div>National Preparedness Month National Recovery Month National Sickle Cell Month</div><div>Ovarian Cancer Awareness Month Prostate Cancer Awareness Month Suicide Prevention Month</div></div>						
	1 Labor Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 Autumnal Equinox	23	24	25	26	27
28	29	30				

The Reschini Group

922 Philadelphia St, Indiana, PA 15701
Tel: 724.349.1300 | <http://www.reschini.com>