



Well onTarget®

Health Kit | June 2020

# Hello!

## Here is your Health Kit for June 2020.

Please take a few minutes to distribute all materials via email. Also, be sure to print the poster and display it widely. Your dedication to wellness makes a difference. Thanks for your efforts!

Each year, approximately 48 million Americans are affected by foodborne illness. In this month's Health Kit, you'll find information and tips to help you avoid getting sick from the foods you eat.

---

### Poster

Going out to eat? Download this month's poster to learn ways to stay healthy and protect yourself from food poisoning.

[Download Poster](#)

---

### Brain Game

Make a match! Match the foods to their appropriate cooking temperatures.

[Download Game](#)

Continued on Page 2

## Recipe

Try this quick and easy one-pan pasta dish!

[Download Recipe](#)

---

## Short Video: Foodborne Illness and the Foods You Eat

Which common foods put you most at risk of developing foodborne illness? Watch this quick video to find out.

[Watch Video](#)

---

## Podcast: Myth-Busters

Listen to this podcast for the truth around foodborne illnesses.

[Listen](#)

---

### Additional Information:

[For More Information on Foodborne Illnesses](#)

Coming up...

Tune in next month for information on how you and your family can stay safe and healthy this summer!

Well onTarget®