

The Importance of Food Safety Video 1:31

Voice Over	Video
<i>(Fade in)</i>	<p><i>Music Plays</i> <i>Credits and Titles Display</i></p> <p><i>Text on Screen:</i> Cancer Survivorship: The Importance of Food Safety</p>
<p>Food safety, that's such an important issue for all of us with cancer or without. Particularly with someone going through cancer treatment and beyond. Critically important issue. Largely because immune function might not be at its best. Might not be what it's used to.</p> <p>And so we absolutely encourage people for a period of time, particularly while you're going through treatment...</p>	<p><i>Fade to shot of Colleen Doyle, M.S., R.D.</i></p>
<p>...avoid buffets. You know, lots of potential concerns about food safety at buffets.</p> <p>Absolutely washing your hands...</p>	<p><i>Cut to screen showing food safety tips.</i></p> <p><i>Text on Screen:</i> Simple Tips for Food Safety</p> <ul style="list-style-type: none"> • Avoid Buffets • Always wash your hands
<p>..If you have someone preparing meals for you make sure to be up front and say, "look, I just need you to be sure you're doing this in a really clean, healthy safe way for me."</p> <p>If you are looking at different types of food you're preparing...</p>	<p><i>Cut to shot of Colleen</i></p>
<p>...being sure you're cooking food to the right temperature. Particularly meats.</p> <p>We hear lots of advice about not cutting raw meats on the same cutting boards you might be doing vegetables or other things...</p>	<p><i>Cut to screen showing food safety tips:</i></p> <p><i>Text on Screen:</i> Simple Tips for Food Safety</p> <ul style="list-style-type: none"> • Avoid buffets • Always wash your hands • Cook your food to the right temperature • Separate raw meat from other foods
<p>...so food safety, again, for all of us, but particularly when you're going through cancer treatment and beyond it's a really important issue to think about.</p> <p><i>(Fade out)</i></p>	<p><i>Cut to shot of Colleen</i></p>
	<p><i>Fade to credits</i></p>