



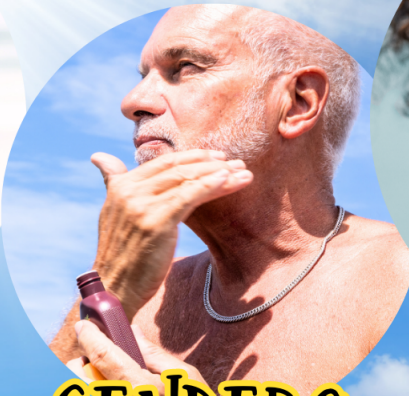
Public Health  
Prevent. Promote. Protect.

Tioga County

# What the Health!?

June 2023

## SUNSCREEN IS IMPORTANT FOR...



### ALL AGES, GENDERS, AND SKIN TONES



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### MEAT TEMPERATURE GUIDE

FOOD TYPE	°F
All Poultry (ground, breasts, whole, etc.)	165
Leftovers	165
Ground Beef	160
Pork	150
Eggs	145
Beef (steak, roasts, etc.)	140
Rare Roast Beef	130

### HOW TO CHECK INTERNAL TEMPERATURE!

Insert the food thermometer into the thickest part of the food without touching the bone, fat, or gristle.



Check the temperature toward the end of cooking, before you expect to finish.

### THE DANGER ZONE!

Bacteria grows most rapidly between 45 - 140 degrees Fahrenheit. This is known as the "danger" zone.

Leftovers spoil at room temperature. Refrigerate within 2 hours!



### June is National Pollinators' Month!

National Pollinators' Month encourages the planting of native, non-invasive pollen and nectar-producing plants. When these gardens bloom, they attract bees, birds, bats, and other natural pollinators.

### Did you know?



According to the National Wildlife Federation, pollinators are responsible for 1 of every 3 bites we take!

Pollinators make the difference between valuable fruits and vegetables on our table and going without.