

**COOK IT  
RIGHT!**

## **PLAY IT 'FOOD SAFE'**

Warm weather and leisurely meals outside can mean increased risk of food-related illnesses.

Keep yourself and your family safe by preparing healthy meals.

The Healthy Canadians webpage has great tips on preparing your summer feasts from start to finish, [click here](#).



**Five Hills  
Health Region**

*Healthy People – Healthy Communities*