



# Be Well's 3rd Quarter Educational Event

## Food Safety at Home

Did you know that many foodborne illnesses start in our own kitchens? Join us for a brief, practical wellness presentation on Food Safety at Home where you'll learn simple steps to keep your food—and your family—safe.



**March 3 @10 and 11 am  
in the Tolland Town Council  
Chambers**

**To sign up go to: Food Safety**

For those unable to attend there will be a virtual option available starting March 11. For any questions or concerns email us at [BE\\_WELL@EHHD.ORG](mailto:BE_WELL@EHHD.ORG)