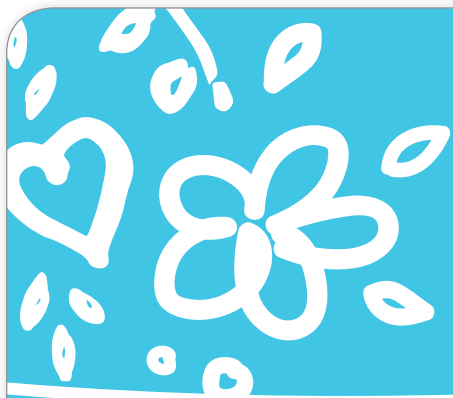


# Summer's on its way!



CT107

As we all know, as soon as the sun comes out, we Kiwis can't wait to get outside and make the most of it.

With Christmas just around the corner, parties and get-togethers are the flavour of the season.

It is the perfect time for BBQs and picnics, so handling and storing food safely is the key to avoiding sickness from bugs.



## Quick Tips to make your food safe this Summer

- Wash your hands properly before touching food.
- Pre-cook chicken, meat patties and sausages before cooking on a barbecue.
- Don't use the same plate to carry raw and cooked food, and use separate utensils.
- Prepare food as close as possible to eating time.
- If you are taking food on a trip, keep it cool in a chilly bin.
- Don't leave food out of the fridge too long before eating.
- Refrigerate leftovers as soon as possible, and when you reheat any leftovers, make sure they are steaming all the way through.

For more Food Safety information visit:

<http://www.foodsmart.govt.nz/food-safety/>

For the **sparty** ones... Be 'Sports Smart' as sports injuries are not caused by one single factor. Often they are a result of a number of conditions and circumstances! ACC has put together a 10 point action plan for sports injury prevention so check it out! Nobody wants to be laid up with a strain, sprain or break over the festive season.

<http://www.acc.co.nz/preventing-injuries/playing-sport/sportsmart-10-point-plan/PI00111>

## Keeping Kids Safe Near Water Checklist

Water Safety New Zealand has a great list of safety rules and general things to check so you keep your little ones water safe when they are at home, near a swimming pool or spa, around the neighbourhood, on an outing or picnic.

<http://www.watersafety.org.nz/assets/Resources/keepkidssafeflyer.pdf>

## Be Water Wise

Water activities can be exciting and fun for the whole family whether on or in the water.

Remember that supervision of children in, on or near the water is vital at all times. Proper supervision in and around the water requires a responsible adult keeping young children in their care **within sight** and **within reach** at all times. An arm's reach puts you in the best position to save your child. When there's water around **never** turn your back on your child.

Enjoy the holiday season and remember while you are out there having fun...

**Slip, slop, slap** and **wrap** and keep our little kiwis sun safe!

