



# Home Food Safety **MYTHBUSTERS**

September is National Food Safety Education Month!

**MYTH:** Locally grown, organic foods will never give me food poisoning.

**FACT:** Any food, whether organic or conventional, could become unsafe with illness-causing foodborne bacteria at any point during the chain from the farm to the table. Consumers in their homes can take action to keep their families safe. That is why it is important to reduce your risk of foodborne illness by practicing the four steps: Clean, Separate, Cook, and Chill.

[fightbac.org](http://fightbac.org)

