

FOODBORNE ILLNESSES

Foodborne illness may result from consuming food or beverages that are contaminated with bacteria, viruses, parasites, toxins, or chemicals. Foodborne illness can also be caused by eating food that has been stored, handled, prepared, or cooked improperly.



Typical symptoms can include vomiting, diarrhea, and abdominal cramps and can be spread to other people if proper hand hygiene is not practiced.

Vibrio (vibriosis) is a diverse group of marine bacteria found naturally in coastal waters. The highest risk of Vibrio comes from consuming raw or undercooked seafood.



AT-RISK POPULATIONS

People who eat undercooked or raw food, especially shellfish

Anyone who loses power for more than 48 hours

People with weakened immune systems

Low income individuals or families

Children

Elderly



FOOD

Climate change has the potential to impact access to safe and affordable food locally, nationally, and internationally. Increasing temperatures, drought, power outages, and ecological changes all threaten the safety and availability of our food and can pose a significant risk to Rhode Islanders' overall health. The food we eat every day can have an impact on climate change. Eating more locally grown and sourced food helps reduce the impact of climate change.

PROJECTIONS

Ecological and climatological changes are decreasing the nutritional value of some staple crops.

Climate change can affect the length and quality of the growing season.

More frequent droughts, floods, fires, and extreme weather events can have a major impact on crop yields.

Climate change is making it harder to grow food locally and globally.

Climate change poses a risk of increased foodborne diseases.

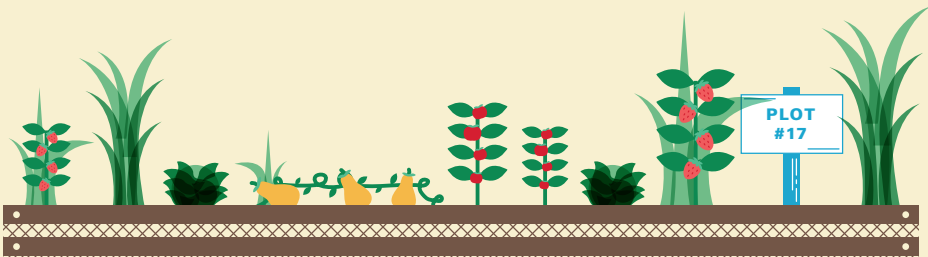
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Impacts of climate change can lead to significant fluctuations in food prices and food security.

WHAT YOU CAN DO



Grow your own food.

LOCAL

ORGANIC

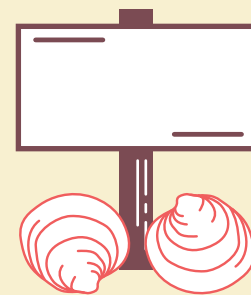
ORGANIC & LOCAL

Buy organic foods and/or local foods whenever possible. This helps mitigate climate change and supports our farmers and seafood industry.



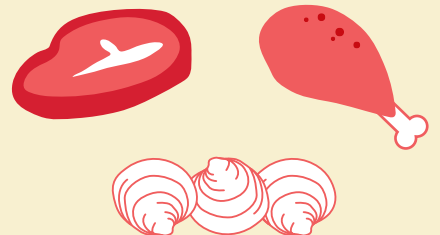
MEAT-FREE MEALS

Try to eat at least one meat-free meal per day. If you're already doing that, gradually increase the number of meat-free meals you eat.



SHELLFISH BAN

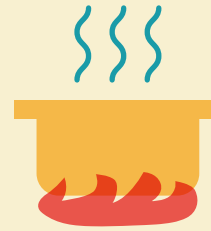
Be aware of local shellfishing bans due to bacterial contamination.



RAW & UNDERCOOKED

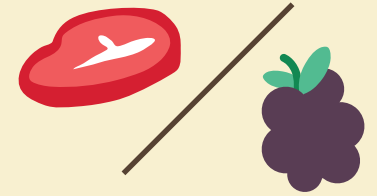
Be aware of the risks or avoid eating raw and undercooked foods.

WHAT YOU CAN DO



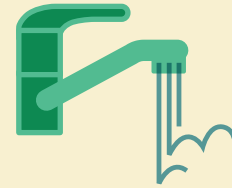
COOK FOOD PROPERLY

Cook food to proper internal temperatures to avoid illness. Keep hot foods hot and cold foods cold.



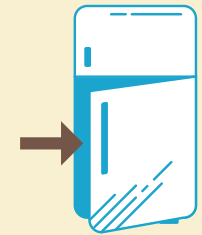
SEPARATE MEAT

Separate raw meat and poultry away from foods that won't be cooked.



WASH & SANITIZE

Wash hands, and wash, rinse and sanitize utensils and cutting boards before and after contact with raw meat, poultry, seafood, and eggs.



REFRIGERATE

Refrigerate leftovers within two hours; keep them in the refrigerator at 41°F or below.