



### **Food Handling**

Tips for preventing food borne illnesses can be found on the FDA website at [www.cfsan.fda.gov/~dms/qa-topfd.html](http://www.cfsan.fda.gov/~dms/qa-topfd.html). Use the same precautions when you are pregnant that you normally use for food preparation and storage. Soft cheeses are safe as long as they are pasteurized. Deli meats should only be consumed if fresh. Cooking food destroys bacteria and parasites.