

HEALTH

Tips for a Healthy and Safe Family Reunion

Family reunions are a time to introduce and reinforce healthy living. If you are planning or participating in a family reunion, follow these tips to make sure it's safe and healthy.

Plan Healthy Meals, Snacks, and Drinks

Eating and exchanging recipes is a big part of family reunions. Use this opportunity to adapt recipes, snacks, and beverages to incorporate healthier options low in saturated fat, salt, and calories.

Prepare Food Safely

Make the most of the fun by making sure your food remains safe. The following steps are easy, and they'll help protect you and those around you from harmful foodborne bacteria.

- **Cook:** Cook meat, poultry and eggs thoroughly.
- **Separate:** Don't cross-contaminate one food with another.
- **Chill:** Refrigerate leftovers promptly.
- **Clean:** Wash produce and hands.
- **Report:** Report suspected foodborne illnesses to your local public health department.

Know and Pass on Your Family History

Family history is one of the most important things that may increase your chance for health problems like heart disease, stroke, diabetes, and cancer. Use the family reunion as a time to talk about family health. Let members know about health issues that are common in the family.

Travel Safely

Be prepared no matter how far you are traveling. Avoid drinking and driving, and make sure adults and children are buckled up in motor vehicles. If you're taking a cruise, check ship inspection scores. Make sure you've had all appropriate vaccinations for your destination.

Be Safe

Have lots of fun, but take precautions to make sure that family and friends are safe, especially outdoors and while traveling. This includes leaving fireworks to the professionals, avoiding heat-related illness, practicing sun and water safety.

Be Active

Some reunion plans may involve walking, hiking, dancing, tennis, bowling, or other fun activities. All of these activities can contribute to our daily need for physical activity to stay fit. Adults should get 30 minutes and children and adolescents should get 60 minutes of moderate-intensity physical activity most days of the week.

Source: Centers for Disease Control and Prevention

