

Eat Safely, Eat Well

Food Safety During Pregnancy



Food safety is important during pregnancy

Foodborne illness can make you and your baby sick before and after birth.

Keep yourself and your baby safe from foodborne illness by following these steps:



SEPARATE

Keep raw foods separated from other foods



CHILL

Refrigerate food promptly



COOK

Cook foods to appropriate temperatures



CLEAN

Wash hands and surfaces often



BC Centre for Disease Control
An agency of the Provincial Health Services Authority

Get more information on food safety during pregnancy at www.bccdc.ca/foodsafetyinpregnancy or talk to your health care provider or local public health office.

