

Spring is Finally Here!

With over 70 **ServSafe Food Protection Manager Certification** classes every month throughout the Northeast and into the Midwest it does not get any easier than this to get certified.

If you'd like to set up a private class and you have 5 or more attendees, email info@hrfoodsafety.com. 10 or more at no additional charge anywhere in the U.S. with discounts as low as **\$85** pp!

It's all thanks to our loyal customers that we can keep growing as a company. Thank you for letting us teach your staff how to **#KeepItSafe!**

March/April Classes

Cleveland	Akron	Columbus	Cincinnati
3/20-21	4/2-3	3/29	4/26
4/18-19		4/11	

Food Safety Myths Exposed

- **Myth #1:** It's OK to thaw meat on the counter. Since it starts out frozen, bacteria isn't really a problem.
- **Fact:** Actually, bacteria grow surprisingly rapidly at room temperatures, so the counter is never a place you should thaw foods. Instead, thaw foods the right way.
- **Myth #2:** Once food has been cooked, all the bacteria have been killed, so I don't need to worry once it's "done."
- **Fact:** Actually, the possibility of bacterial growth actually increases after cooking, because the drop in temperature allows bacteria to thrive. This is why keeping cooked food warmed to the right temperature is critical for food safety.