

FOOD SAFETY CLASS

帶您認識食物安全

Brief Description: Food safety is essential in daily life to keep us from food poisoning and foodborne diseases. 1 in 6 Americans got sickened by contaminated food each year, with some caused severe damage to their bodies and even death. If you want to learn more about this topic, please attend the Food Safety Class at NEMS Health Education Department.

簡介：食物安全對於日常生活至關重要，是可以使我們遠離食物中毒和食源性疾病。每年約有六分之一的美國人因食用受污染的食物而患病，其中一些人的身體受到嚴重損害，甚至造成了死亡。如果您想了解更多有關此主題的信息，請參加東北醫療中心健康教育部食物安全課程。

Location:

369 Broadway Street
San Francisco, CA 94133

Language:

Cantonese

地點:

三藩市百老匯街369號（余河小學對面）

語言:

粵語

Date 日期	Time 時間	Topic 主題
4/7/2025 Monday 星期一	9:30am - 10:30am 上午 9時半 至 10時半	What is Food Poisoning? 甚麼是食物中毒？
4/14/2025 Monday 星期一	9:30am - 10:30am 上午 9時半 至 10時半	Safe Food Preparation 安全地準備食物
4/21/2025 Monday 星期一	9:30am - 10:30am 上午 9時半 至 10時半	Pantry Food Storage Guide 常溫食物儲存指引
4/28/2025 Monday 星期一	9:30am - 10:30am 上午 9時半 至 10時半	Low Temperature Food Storage Guide 冷藏食物儲存指引

NEMS complies with all applicable Federal civil rights law and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Free language assistance services are available.

Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. También están disponibles de forma gratuita ayuda y servicios auxiliares apropiados para proporcionar información en formatos accesibles. Llame al 415-391-9686 ext. 8160 (TTY: 1-800-735-2929) o hable con su proveedor.

Chinese 注意：如果您說中文，我們可為您提供免費語言協助服務，也可免費提供適當的輔助工具與服務，以無障礙方式提供資訊。請致電 415-391-9686 轉內線 8160 (TTY: 1-800-735-2929) 或與您的醫生討論。

Vietnamese CHÚ Ý: Nếu bạn nói tiếng Việt, chúng tôi cung cấp miễn phí các dịch vụ hỗ trợ ngôn ngữ. Các hỗ trợ dịch vụ phù hợp để cung cấp thông tin theo các định dạng dễ tiếp cận cũng được cung cấp miễn phí. Vui lòng gọi theo số 415-391-9686 ext. 8160 (Người khuyết tật: 1-800-735-2929) hoặc trao đổi với người cung cấp dịch vụ của bạn.



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