

# LIFETIME COMMUNITY CARES INC.

LC Vocational Training Center ~ Lifetime Community Base ~ Lifetime Adult

## NEWS & FEATURES

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Welcome orientation on  
July 7th. call your  
program for information.

**DON'T MISS OUT!**



## Why we chose to provide service.

**BY CHRISTIAN NAVA**

It's simple. We do it because we care.

It's been rough for all of us and most of us are ready to come back to something that is close to a normal life.

Let's start off with coming back to a familiar place. Yes, we have made some changes and yes, we're following all safety precautions.

Join us for orientation on July 7, 2021, at 10:00 am and 6:00 pm via in-person or via virtual experience.



## How to grill safely

BY CDC

### What you need to know!

- When handling raw meat, chicken, and seafood
  - Separate it from other food
  - Refrigerate it before grilling
  - Wash your hands before and after handling it
  - Make sure its juices do not touch other food, utensils, and surfaces
  - Use a food thermometer to ensure it is cooked to a safe temperature
- Refrigerate leftovers within 2 hours of cooking

### Cook

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperatures inside the smoker at 225°F to 300°F to keep meat a safe temperature while it cooks.

### When Grilling

- 145°F—whole cuts of beef, pork, lamb, and veal (stand-time of 3 minutes at this temperature)
- 145°F—fish
- 160°F—hamburgers and other ground beef
- 165°F—all poultry and pre-cooked meats, like hot dogs

## Warning Signs and Symptoms of Heat-Related Illness

Heat-related illnesses are preventable. Learn the symptoms and what to do if you or a loved one shows signs of having a heat-related illness.

more information at [cdc.gov](https://www.cdc.gov)

## Tips for preventing heat-related illness Stay Cool



### Stay Hydrated



### Stay Informed



**CONGRATS**   
**CLASS OF 2021**

**Little Farmers**

COMMUNITY HEART



**Next class begins in August**

Sign up at [www.communityheartfeedtheneed.org](https://www.communityheartfeedtheneed.org)