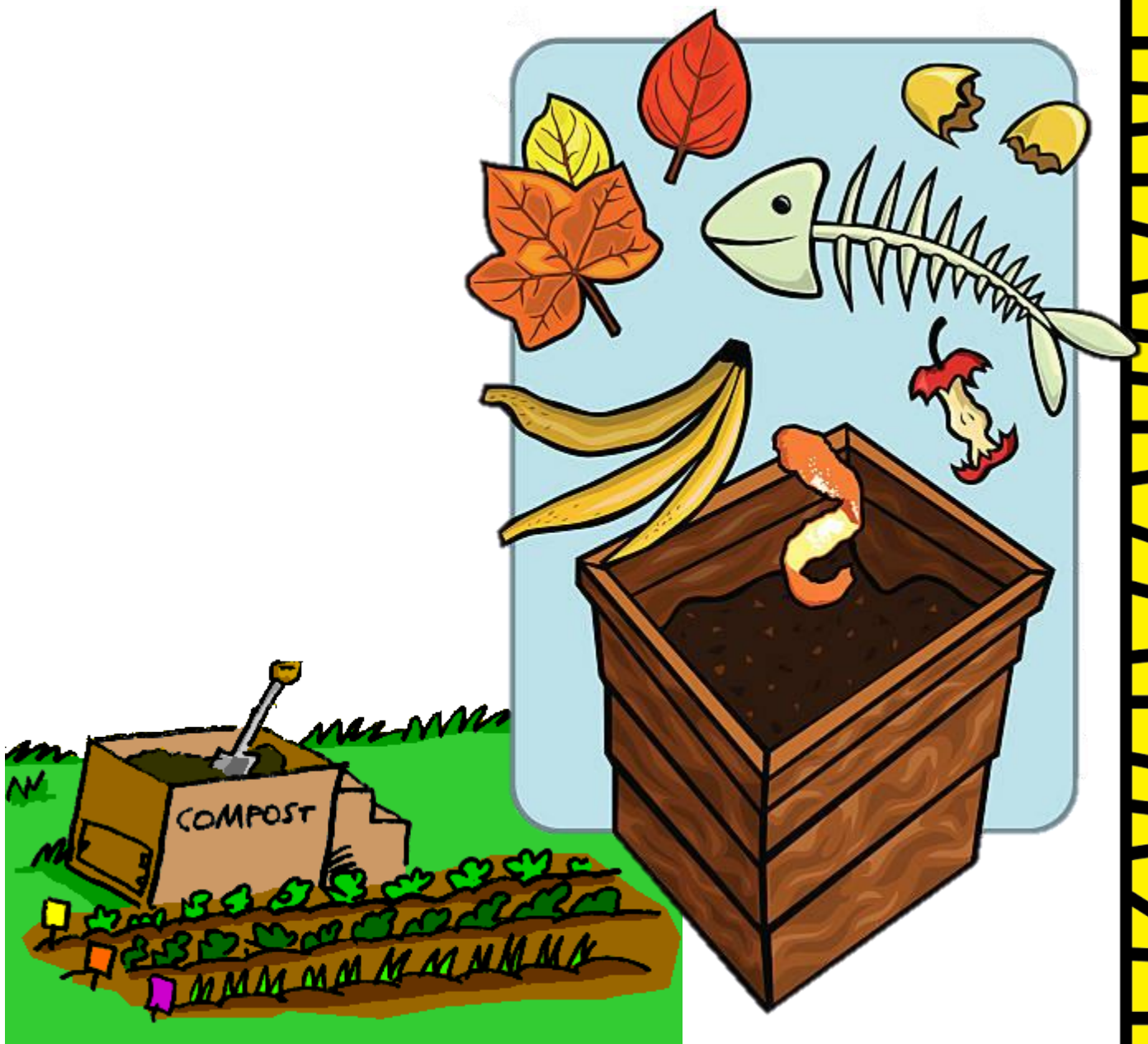


Rules for good eating

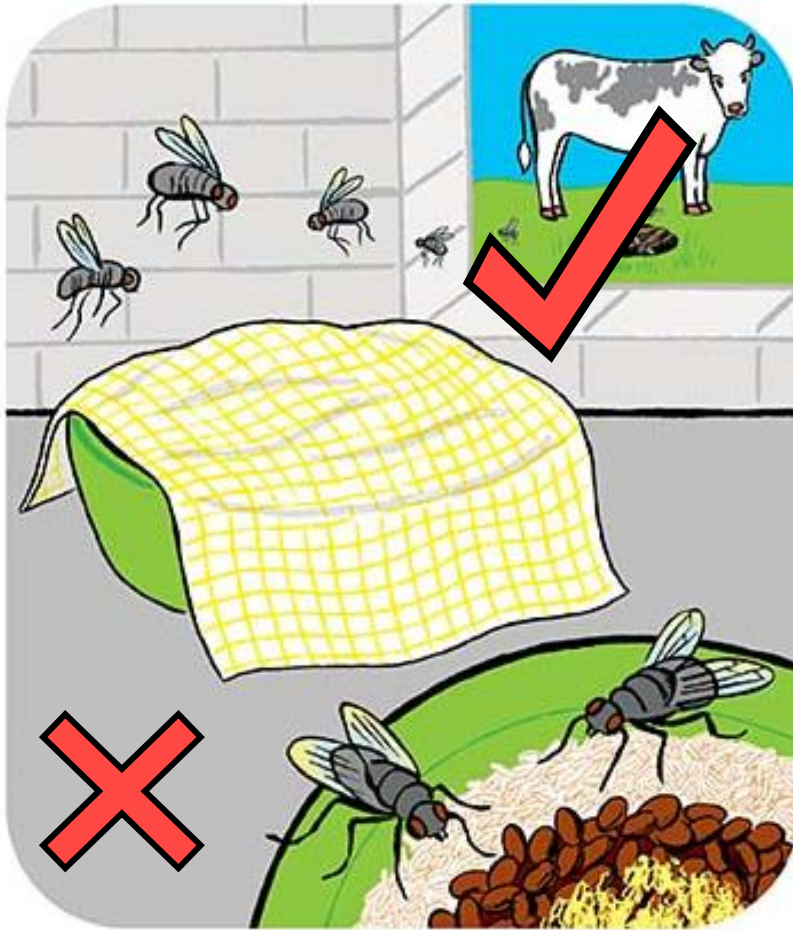
Always wash your hands before you touch food.



Grow your own
vegetables. Use vegetable
peels to make compost
for the garden.



Don't leave food uncovered.



Don't eat old food that has gone bad.

