



...Your Voice for Safe Food

eNews • January 2013

A monthly update from STOP

Dear Friend of STOP,

Welcome to our new monthly e-Newsletter!

STOP's former Weekend News Report is now our monthly eNews.

We'll be sharing stories. We'll be helping you learn about the issues. We'll be letting you know what STOP is up to. And we'll be inviting you to be involved every step of the way.

We hope you find our January eNews helpful and we thank you, as always, for your support.

Your Friends at STOP

News From STOP



Happy 2013 and Happy 20th Anniversary from Deirdre Schlunegger, CEO

Happy New Year from all of us at STOP Foodborne Illness! I hope you had a wonderful time over the holidays enjoying the beauty of the season and treasured time with family and friends. At STOP, we've been reflecting on all that we accomplished together in 2012 and we've really hit the ground running in 2013—**our very special 20th year** serving as your voice for

safe food.

[Get all of Deirdre's comments on 2012 highlights and what's to come in 2013 here.](#)

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STOP In The News

Kathleen Chrismer, STOP Board Member, Tells the Las Vegas Review-Journal "We Can't Wait for Stronger Food Safety"



Irreversible kidney damage, speech therapy to regain her voice, a diagnosis of diabetes, and a month spent suffering in a pediatric intensive care unit. In 2006, then 9-year-old Rylee Chrismer endured all of this—and more—after eating spinach contaminated with *E. coli*. Since then, Kathleen Chrismer has been a mom on a mission. As an active STOP board member and passionate food safety advocate, Kathleen is working tirelessly to make sure that what happened to her daughter Rylee doesn't happen to others. Key to her efforts is outreach to lawmakers who have the power to deliver positive change. As a Nevada resident, she's met many times with Senator Harry Reid and his Nevada staff to urge immediate action on the implementation of the Food Safety & Modernization Act (FSMA), landmark legislation that only recently made progress with two of four new sets of food safety rules being released for public comment (read more on that [here in a STOP press release responding to the FDA announcement](#)).

Kathleen recently caught the attention of the Las Vegas Review-Journal with an article she authored on Rylee's story, her outrage on the delay of FMSA implementation and more.

[Get all the coverage here.](#)

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Food Safety News

Getting Back to Basics on Preventing Foodborne Illness

It may sound boring, but getting back to basics on how we can all take simple steps every day to prevent foodborne illness is really important. Following food safety basics helps keep your food safe and helps prevent the possibility of you becoming 1 of 6 Americans (or 1 of thousands in other countries) this year who'll get sick by eating contaminated food. And that's why we're kicking off 2013 with a special article devoted to food safety fundamentals. You've no doubt heard these before: **Clean, Separate, Cook and Chill**. Well, the start of a new year is a great time to brush up on these four easy steps essential to preventing foodborne illness.



Top 10 Food Safety Stories of 2012

Last year the world of food safety was a busy one (unfortunately). Too many food recalls, facility problems and sickened people along with languishing legislation made it a painful and frustrating year for consumers and food advocates. Everything from the "Pink Slime Storm" to the "XL Foods Meltdown" to "Peanut Butter Hits The Fan" has been highlighted in a special look back at the top 10 food safety stories of 2012 published by Food Safety News.



[Check out all of the stories here.](#)

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Antibiotic Resistance: What You Need To Know

Antibiotics for Colds?

With the cold and flu season upon us, today we're going to tackle an important question: Just when do you need to take antibiotics? While the best way to know is by talking to your doctor, one thing to remember is that viruses cause most of the common cold and flu-like symptoms. **Only bacterial infections respond to antibiotics.** The Alliance for the Prudent Use of Antibiotics (APUA) is a great resource for learning more about this issue.



[Learn more on when to take antibiotics with this APUA reference sheet.](#)

How You Can Help

Celebrate with us: STOP Turns 20 in 2013

For the past 20 years, STOP Foodborne Illness has been America's voice for safe food. For many of our regular readers, they remember the early years and they've played a vital role in shaping the thriving organization we have today. For all of our readers, we couldn't have come this far without you. So much has happened since 1993 when STOP was founded in California after the death of children on the west coast following an *E. coli* outbreak. We've accomplished a lot during the past two decades. But there's so much more for us to do.

We at STOP are gearing up for a very exciting 20th year in 2013 and we're thrilled to have you with us. Stayed tuned to future



communications we'll be sending with news on milestones we've made, events we'll be hosting, special people we'll be recognizing, and invitations for you to play a part in our celebrations.

Speaking of invitations, here's our first one: We invite you to send an email to info@stopfoodborneillness.org (as soon as you can!) sharing your story or a tribute to a loved one who's been lost but not forgotten. Please include a photo, too.

These stories and tributes will make their way out to our followers, so they can learn more about the people who give meaning to our mission. Together, during our 20th year and always, we'll continue to do everything we can to make our food safer and prevent foodborne illness.

Please email us at info@foodborneillness.org with your thoughts about what you like, what you'd like to see in the future, and suggestions for improvement.

STOP is a national nonprofit public health organization dedicated to the prevention of illness and death from foodborne pathogens by advocating for sound public policy, building public awareness and assisting those impacted by foodborne illness.

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