

## **Food Safety Materials Free From FDA**

The US Food and Drug Administration has several free resources for patients and physicians about food safety issues. The FDA's mercury in fish and shellfish education campaign provides brochures to physicians in packets of 25 that contain advice about mercury in fish for pregnant women, nursing mothers, children, and women who may become pregnant.

Another FDA campaign, "Food Safety for Moms-to-Be", educates expectant mothers about many aspects of food safety. The campaign offers a free downloadable kit online that includes patient education fact sheets, a waiting room poster, a resource guide, and a video. Hard-copy kits can be ordered by phone at no charge.

### **Info:**

- "Mercury in fish" brochures: View brochure: [www.cfsan.fda.gov/~acrobat/admehg3b.pdf](http://www.cfsan.fda.gov/~acrobat/admehg3b.pdf); order brochure: 1-800-490-9198
- "Food Safety for Moms-to-Be" online kits: [www.cfsan.fda.gov/~pregnant/tools.html](http://www.cfsan.fda.gov/~pregnant/tools.html)
- "Food Safety for Moms-to-Be" hard-copy kits: 1-888-Safe-Food