



Your Health Matters

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Summer can be a great time to bond with your pet. But pets do not sweat in the same way humans do and can easily become overheated. To avoid this problem and enjoy the summer season with your pet, [click here](#) for some tips to keep in mind.



Fruit & Vegetable Safety

Fruits and vegetables add nutrients to your diet that help protect you from certain illnesses and can help you manage your weight. But sometimes raw fruits and vegetables contain harmful germs that can make you and your family sick. [Here's how to select and prepare them safely.](#)



Stay Safe This Summer While Grilling

Millions of Americans safely enjoy outdoor barbecues, but accidents do happen. Ensure trouble-free summer cooking fun by maintaining your grill, using it safely and knowing what to do in case of emergency. [Keep these grilling safety tips in mind for a safe \(and delicious\) backyard barbecue.](#)

