

## **Food Poisoning Cases in the U.S.A on the Rise, Just in Time for the Holidays.**

*Executive Chef Victor A. Kromer IV & Homecookingsafety.com announce the launch of new home cooking safety EBook packed with proven tips and strategies, to protect against the dangers of food poisoning that lurk in your kitchen.*

November 4, 2007 (FPRC) -- The fight against food borne illnesses and food poisonings in our country seems to be a losing battle these days.

In the middle of what seems to be a food poisoning epidemic in our country, [www.HomeCookingSafety.com](http://www.HomeCookingSafety.com) has released for purchase a new Home Cooking Safety E Book entitled - The Dangers That Lurk In Our Kitchens, Food Safety Facts And Myths, An easy to follow book that was put together to help teach the everyday home cook to combat and cope with the dangers of food poisoning.

Attention, Home Cook's, Dangers in your Kitchen, Food Poisoning Alert! Over 75 million people a year contract a food borne illness in the U.S.A. alone, over 300,000 are hospitalized and about 9,000 are fatal.

Those numbers are absolutely staggering when you come to realize that our country is #1 when it comes to food safety & sanitation regulations.

With the rise in the population in the last 4 decades, the demand for food is at an all time high, which means so is the supply, The agencies in which we trust with watching over our food supply are completely overwhelmed and simply cannot keep up, therefore it is up to the people preparing meals for themselves and their families to learn the proper food handling and cooking techniques to keep everyone around them safe.

With the holiday season just around the corner, and the time when family and friends gather at the dinner table to enjoy the feast of feasts, there is also something else creeping on the dinner table, in the name of food borne pathogens.

The pathogens that cause food borne illnesses, "Toxins, Parasites and Bacterium" cannot be seen by the naked eye, which is what makes them so dangerous, unlike the mold seen on an old slice of bread or cheese.

The five main food borne illnesses from the above mentioned pathogens are Salmonella; E Coli, Campylobacter, Botulism and Mad Cow Disease. These all usually start out with sharp stomach aches, pains and cramps followed by headaches, fever, dizziness, vomiting and diarrhea.

In order to keep ones family safe from the dangers of food poisoning at the dinner table, one must know how to defeat it before it gets there, defeating food borne illnesses begins at the grocery store and ends in your kitchen.

Over 70% of people who come down with any type of food borne illness do not report it from a restaurant, they contract it from their home kitchen, now that is an amazingly staggering percentage,

one of the main reasons for this is that no one cooking at home is required to take any type of food safety course, test or class in order to prepare food in their own home.

The ones at the most risk from food borne illnesses are the elderly, children and women who are pregnant.

**Contact Information**

For more information contact Victor Kromer of HomeCookingSafety.com  
(<http://www.homecookingsafety.com>)  
1-203-710-7907

**Keywords**

[Food poisoning](#)

[kitchen safety](#)

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