

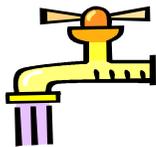
Seniors and Food Safety ...

Preventing Food-borne Illness

4 Simple Steps to Food Safety...

CLEAN

Wash hands and surfaces often.



Use paper towels to wipe surfaces or spills.

Clean with hot soapy water or anti-bacterial cleaner.

Wash ALL cooking equipment with hot soapy water after preparing each food item and before you go to the next food item.

Rinse fresh fruits and vegetables under running water.

Rub firm-skin fruits and vegetables under running water or scrub with a clean vegetable brush while rinsing with running water.

SEPARATE



Use a separate cutting board for raw seafood, meat and poultry.

Use glass or non-porous cutting boards.

Never place cooked food or ready-to-eat foods on an unwashed plate that previously held raw meat, poultry or seafood.

COOK

Cook foods to proper temperature.



Use a food thermometer to check internal temperatures of meats, casseroles, and other foods.

Reheat foods to 165° F until hot and steaming.

CHILL

Refrigerate perishable, prepared, and leftovers promptly.



Discard any perishable foods left at room temperature for longer than 2 hours.

NEVER defrost food on counter tops. Defrost all food in your refrigerator.

Divide leftovers into small, shallow containers for quick cooling in the refrigerator.

Don't over pack your refrigerator.

Grocery Shopping Tips

Check for cleanliness at the meat counter and salad bar.



Don't buy cans that are dented, rusted or bulged.

Look at expiration dates on labels and "sell by" or "use by" dates on food items. Don't purchase any outdated food.

Check eggs for cracks or leaks. Place raw meat, poultry, and seafood in a separate plastic bag to prevent contamination of other foods.

Take an ice chest along to keep frozen and perishable foods cold if it will take more than 2 hours to return home.

Eating Out

Check for cleanliness in the eating area of the restaurant, tables, eating utensils, and bathrooms.

Avoid the following foods:

- Raw seafood including oysters
- Soft and unprocessed cheeses
- Raw or lightly cooked eggs or egg products including salad dressings and some sauces
- Beverages such as eggnog, raw alfalfa sprouts, and non pasteurized, freshly squeezed fruit or vegetable juices.

The Doggie Bag

Bring leftover food home only if you will return home within 2 hours of the food being prepared.

Do not leave leftovers in the car.



Return home immediately after leaving the restaurant and refrigerate leftovers at once.

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