

*Please consult the dietary department or a nurse before providing a resident with outside food/drink.*

### WHY IS IT IMPORTANT TO KEEP FOOD SAFE?

- People with weakened immune systems, chronic health problems and anyone over age 65 are very susceptible to foodborne illness.
- Food sold in your local grocery store comes from all over the world; it is processed and handled many times and by many people before you buy it.
- You cannot always see, smell or taste harmful bacteria in food. There is no way to tell for sure if food is safe to eat, so you must always take steps to keep food safe.

### STORAGE/TRANSPORT

- Cook fresh fish, ground meat, poultry and sausage within 2 days of buying.
- Cook all meat within five days of buying.
- Use opened lunch meat within 5 days.
- Use deli-foods and leftovers within 3 days.
- Do not use milk or eggs beyond the date on the package.
- Do not use fresh fruits or vegetables that are overly ripe or moldy.
- You can freeze food to extend storage, but keep track of dates! - Try to use everything within 6 months.
- Use canned foods within 12 months.
- Food/drinks should be transported in proper carriers (cold foods in cooler; hot foods in microwavable containers).
- Remember the general rule of thumb: keep hot foods hot and cold foods cold. Foods that are lukewarm are more likely to grow bacteria that can cause illness.

### AVOID

- Raw fish and shellfish.
- Unpasteurized juice, milk, and cheese.
- Raw or soft cooked eggs.
- Raw or rare meat and poultry.
- Raw vegetable sprouts.
- Uncooked cake and cookie batter.
- Canned foods that are dented, leaking, bulging, or rusted.

## WASH HANDS AND SURFACES OFTEN

***Illness-causing bacteria can survive in many places around your kitchen. Unless you wash your hands, utensils, and cutting boards the right way, you could spread bacteria to you and your family.***

- Wash your hands with hot soapy water before handling food & between handling different foods.
- Wash dishcloths/towels often, using the hot cycle of your washing machine.
- Consider using paper towels to clean your kitchen.
- Replace cutting boards if they become worn.
- Rinse fruits & vegetables in water before eating.



CLEAN

## DON'T CROSS CONTAMINATE

***Even after you've cleaned your hands and surfaces thoroughly, raw food can still spread illness-causing bacteria to ready-to-eat foods, unless you keep them separate.***

- Keep raw meat, poultry & fish away from other foods.
- Wash hands, dishes, utensils, pans, cutting boards and counter tops with hot soapy water after they come in contact with raw meat, poultry or fish, or unwashed fresh fruits and vegetables.



SEPARATE

## COOK TO CORRECT TEMPERATURE

***The bacteria that causes food poisoning multiplies quickest between the "Danger Zone" of 40o and 140oF. There is no way to be sure food is "done" without cooking it to appropriate temperatures.***

- Use a food or meat thermometer to check cooking temperature of all foods.
- Cook beef, veal, ham or lamb & steaks to 145°F or more.
- Cook pork to 160°F or more.
- Cook chicken or turkey to 165°F.
- Cook ground beef or sausage to 160°F with no pink color remaining.
- Cook eggs to 160°F until both white & yolk are firm.
- Cook fish to 145°F or until it flakes with a fork.
- Reheat leftover foods to 165°F.



COOK

## REFRIGERATE PROPERLY

***Illness-causing bacteria can grow in perishable foods within 2 hours unless you refrigerate them. (1 hour if the temperature is 90oF or higher.)***

- Set your refrigerator at 40°F or below and your freezer at 0°F or below.
- Buy perishable foods last when shopping and take them straight home and refrigerate or freeze.
- Divide large amounts of food into smaller containers so that it will cool quicker.
- Thaw food in the refrigerator, not on the counter top.
- Discard perishable food left at room temperature for more than 2 hours (1 hour if it is hot in the house).



CHILL