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EAT WELL, CARE WELL.

FOOD SAFETY TIPS

As we age, our immune system naturally declines. Foodborne illnesses can have a greater impact on us when we are older. Therefore, proper food safety practices, which are always important, become even more critical while working with seniors. In addition to selecting quality ingredients and making sure your water is safe and clean, there are four easy and universal steps you can follow to decrease the risk of spreading harmful germs through food. The more you become familiar with these four steps: *clean, separate, cook, & chill*; the better off you and the individuals you help will be. Turn this page over to learn more about these steps

WEEKLY CHALLENGES

BUY AND USE A MEAT THERMOMETER

VISIT THE CDC WEBSITE FOR MORE INFO

CHECK THE TEMP OF YOUR FRIDGE THERMOMETER (BELOW 40 ° F?)

WASH HANDS FOR 20 SECONDS BEFORE FOOD PREP

DID YOU KNOW?

If you sing “Happy Birthday” twice while washing your hands, it will take you around the recommended 20 seconds.

1. Clean 2. Separate 3. Cook 4. Chill

1. **CLEAN** – Good hygiene/cleanliness is one of the simplest food safety practices that can have a major impact.
 - Wash hands with warm water and soap for 20 seconds, then dry with a clean towel
 - Be sure to wash hands after going to the restroom, changing tasks, or handling raw meat. When in doubt wash your hands.
 - Keep fingernails trimmed and hair (including facial hair) contained.
 - Keep food prep surfaces/utensils clean and sanitized.
2. **SEPARATE** – Cross-contamination/cross-contact of foods, food surfaces, and utensils is preventable with a little diligence. Always keep raw meat, fish and eggs from crossing paths with ready-to-eat foods.
 - Use different cutting boards, knives, and other utensils when switching from preparing raw animal products
 - Store raw meat lower in the fridge than ready-to-eat foods.
3. **COOK** – Cooking animal products to the proper temperature is a sure way to eliminate many harmful bacteria. Use a meat thermometer and don't rely only on the look of the product. Proper internal temperatures are:
 - 145°F for fish, ham, and whole cuts of beef, pork, veal, and lamb
 - 160°F for ground meats
 - 165°F for poultry
4. **CHILL** – Be aware of the temperature "Danger Zone" for food (40-140°F).
 - Refrigerate leftover food below 40°F & within 2 hours of finished cooking.
 - Thaw foods in the fridge or in running cold water. Never thaw food on the counter.

For more information, visit www.cdc.gov/foodsafety