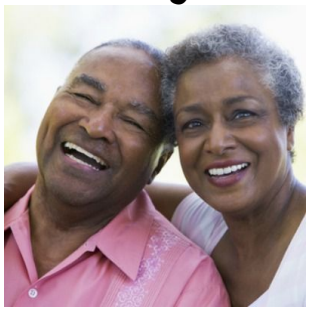
Why Care About Food Safety?

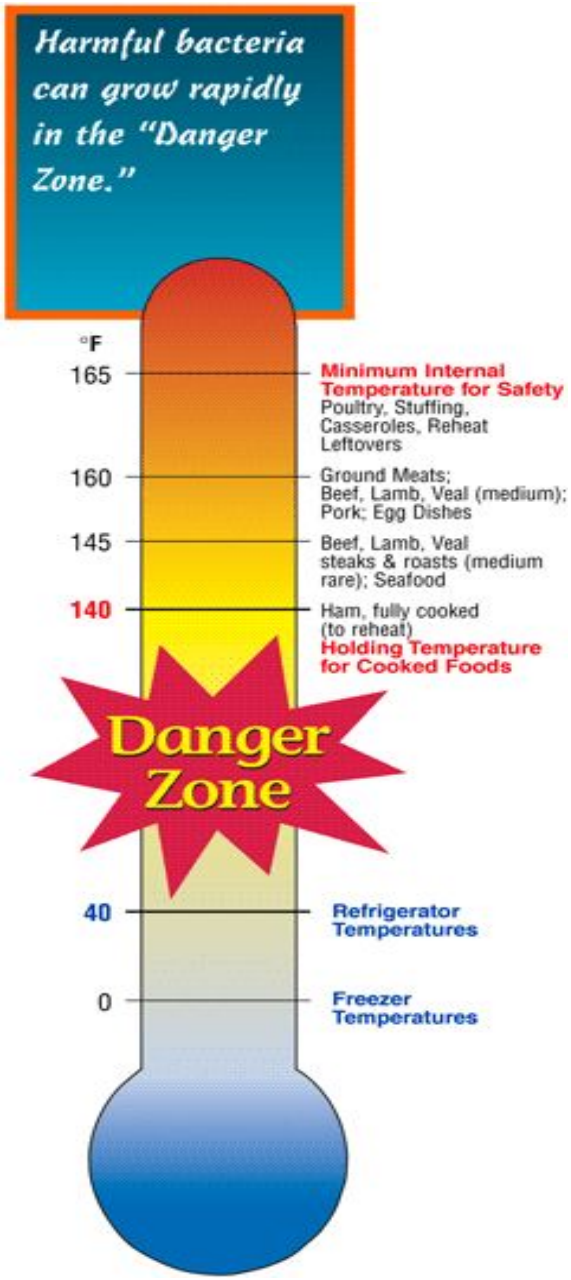


- As we age, our bodies produce less stomach acid, which is key in killing harmful bacteria in food
- Adults years 65+, children and pregnant mothers are more likely to get sick
- It is possible to get sick from 20 minutes to 6 weeks after eating

Clean



- Wash hands for at least 20 seconds with warm soapy water
- Wash counters and cutting boards
- Rinse raw produce in water



University of the District of Columbia
College of Agriculture, Urban Sustainability and Environmental Sciences
Institute of Gerontology

Food Safety for Seniors



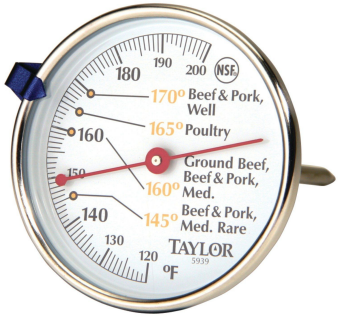
Created by
Jared Navarro
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Separate



- Avoid cross-contamination
- Separate raw meat, poultry, and seafood from fruits and vegetables
- Place cooked food on a clean plate

Cook



- With a clean food thermometer, make sure that food is cooked to the right temperature
- Ground meat
  - Beef, Pork, Lamb - 160℉
  - Chicken, Turkey - 165℉
  - Beef, Pork, Veal, Lamb - 145℉
  - Poultry - at least 165℉
  - Fin Fish - 145℉

Chill



- Bacteria at room temperature double every 20 minutes
- Refrigerator should be set to 40℉ or below and Freezer should be set to 0℉ or below
- Divide large amounts of food into shallow containers for quicker cooling

Safe Thawing



- Avoid thawing at room temperature Bacteria grow and multiply fast at this temperature
- About 4 to 5 pounds takes about 24 hours to thaw in fridge
- If thawed in microwave, food must be cooked right away

Reheating



- Reheated food should be cooked to at least 165℉
- “Ready-To-Eat” Foods should be heated until steaming hot
- In a microwave make sure the food is covered and rotated so that the food is cooked evenly

2-Hour Rule of Thumb

- Eat or refrigerate food within 2 hours to prevent harmful bacteria from multiplying
- Throw out after 2 hours
- Keep hot foods: Hot (above 140℉)
- Keep cold foods: Cold (below 40℉)
- The Danger Zone: temperatures between 40℉ - 140℉, is where bacteria grows best.