

Seniors AND FOOD SAFETY



About **1 in 6 Americans** will get food poisoning each year. Older adults are at an increased risk of serious complications from foodborne illness. A few simple steps can help keep the golden years pleasant for you or older adults you help care for.

WHAT MAY MAKE YOU SICK

CAMPYLOBACTER



Unpasteurized (raw) milk

Raw or undercooked meat, poultry or shellfish

Untreated or contaminated water

SALMONELLA



Raw or undercooked eggs, poultry or meat

Unpasteurized (raw) milk or juice

Cheese and seafood

Fresh fruits and vegetables

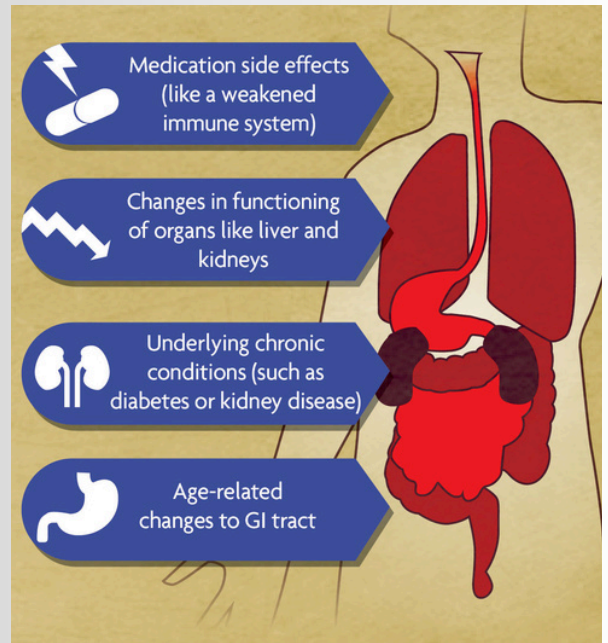
WHY ARE YOU AT RISK

Medication side effects (like a weakened immune system)

Changes in functioning of organs like liver and kidneys

Underlying chronic conditions (such as diabetes or kidney disease)

Age-related changes to GI tract



E. COLI O157:H7



Undercooked ground beef, unpasteurized milk and juices, contaminated raw fruits and vegetables, and water

Person-to-person contact

PRODUCT DATING

Dates printed on food labels indicate when items will no longer be at peak quality. Dates are not for safety. Here is what each one means:



SELL BY:
03/12/15
11:32 21-0141

"SELL BY" DATE:

Buy the product before this date. It is safe to eat after this date.



USE BY:
04/17/15
11:32 21-0141

BEST IF USED BY/USE-BY:

This is the last date recommended for best flavor or quality.

These are not expiration date!

WHEN IN DOUBT, THROW IT OUT!



SAFETY TIPS

The pathogens that cause foodborne illness can't be smelled or tasted. Proper food handling of the food you bring home is your best defense against food borne illness. With all foods, follow these tips:

CLEAN:

Clean surfaces, utensils and hands with soap and warm water.



SEPARATE:

Separate raw meat, poultry and seafood from ready-to-eat foods in your grocery-shopping cart, refrigerator, and during meal prep.



COOK:

Cooked food is safe only after it's been heated to a high enough temperature to kill harmful bacteria. Use a food thermometer.



CHILL:

Chill raw and prepared foods promptly if not consuming after cooking.



For more food safety tips, go to
FoodSafety.gov

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

ADDITIONAL SOURCE

<http://www.cdc.gov/features/dsfoodborneestimates/>

Foods to AVOID



Raw or undercooked meat, poultry, or seafood



Unpasteurized or raw milk



Raw or undercooked eggs



Unwashed fresh produce



Soft cheeses made from unpasteurized (raw) milk



Cold hot dogs & deli meats



Raw sprouts (alfalfa, bean, etc)

Foods to EAT



Meat, poultry, & seafood cooked to a safe internal temperature



Pasteurized milk



Cooked eggs with a firm yolk



Washed fresh or cooked produce



Hard cheeses or soft cheese made from pasteurized milk



Reheat hot dogs & deli meat to steaming hot or 165 °F



Cooked sprouts



UNIVERSITY OF WYOMING

Extension

Compiled by Community Vitality & Health
Extension Educator Vicki Hayman

Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Mandy Marney, Director, University of Wyoming Extension, College of Agriculture, Life Sciences and Natural Resources, University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071.

The University of Wyoming is an equal opportunity/affirmative action institution.