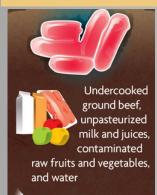
Older Adults AND FOOD SAFETY

About 1 in 6 Americans will get foodborne illness 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

E. COLI 0157:H7







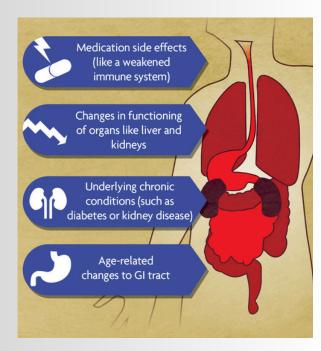
CAMPYLOBACTER



SALMONELLA



WHY ARE YOU AT RISK



PRODUCT DATING

"SELL BY" DATE: Buy the product

before this date. It is safe to eat after this date.



Here is what each one means:

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:

SELL BY:

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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.



Dates printed on food labels indicate when items will

no longer be at peak quality. Dates are not for safety.

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.









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



Complied by Community Vitality & Health Extension Educator Vicki Hayman