

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

SALMONELLA



- Raw or undercooked eggs, poultry or meat
- Unpasteurized (raw) milk or juice
- Cheese and seafood
- Fresh fruits and vegetables

CAMPYLOBACTER



- Unpasteurized (raw) milk
- Raw or undercooked meat, poultry or shellfish
- Untreated or contaminated water

E. COLI O157:H7



- Undercooked ground beef, unpasteurized milk and juices, contaminated raw fruits and vegetables, and water
- Person-to-person contact

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



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



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



Extension

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