

# Senior Health and Wellness Newsletter

The Department for Aging and Independent Living

## THE FOUR STEPS TO FOLLOWING PROPER FOOD SAFETY

**1**

### CLEAN

Wash your hands and surfaces, including utensils and cutting boards. Rinse fruits and vegetables.

**2**

### SEPARATE

Use separate cutting boards for different meats. Keep meat apart in the refrigerator and while shopping.

**3**

### COOK MEAT PROPERLY

Food should be cooked to the correct temperature; this kills germs that can make you sick.

**4**

### REFRIGERATE

Keep refrigerator at 40 degrees F or below. Do not keep food out longer than 2 hours. Discard any moldy food, or when in doubt, throw it away. Thaw frozen food in the refrigerator.



## Ways to Practice Food Safety

Practicing food safety precautions is important since it prevents food poisoning. Food poisoning is caused by eating food that carry harmful germs that can myou sick. Raw foods that come from animals have a higher chance of being contaminated with these germs. However, other foods such as fruits and vegetables can get contaminated as well. Follow the four steps listed on the left in order to protect yourself and others against food poisoning.



### Safe Minimum Cooking Temperatures for Meat

145° F	Beef, pork, veal, lamb, fresh ham, and fish.
160° F	Ground meat (beef, pork).
165° F	All poultry (including ground chicken and turkey), leftovers, and casseroles.

# Symptoms of Food Poisoning

Food poisoning symptoms differ and the most common are;

- ◆ Stomach cramps
- ◆ Nausea
- ◆ Vomiting
- ◆ Diarrhea
- ◆ Fever

More severe symptoms include bloody stools, high fever, frequent vomiting, dehydration, or diarrhea that lasts longer than 3 days. See your doctor if you experience any of these severe symptoms.

Some people are more likely to get food poisoning. These groups include pregnant women, younger children, older adults, and people with certain medical conditions such as diabetes, liver disease, kidney disease, organ transplants, HIV/AIDS, or currently receiving chemotherapy or radiation.

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<https://chfs.ky.gov/agencies/dail/Pages/nutrition.aspx>

State ADRC 877-925-0037

#### References:

CDC: <https://www.cdc.gov/foodsafety/keep-food-safe.html> CDC:

<https://www.cdc.gov/foodsafety/symptoms.html>

CDC: <https://www.cdc.gov/foodsafety/foodborne-germs.html>

USDA: [https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/danger-zone-40-f-140-f/CT\\_Index](https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/danger-zone-40-f-140-f/CT_Index)