

Monthly Nutrition Education

Topic: Seniors and Food Safety Time: About 15 minutes Date: _____

Nutrition Provider/Site: _____

Homebound _____ OR # of Attendees: _____ Name and Title of Presenter: _____

Objectives	Main Message	Activity	Suggested Materials for Lesson or Home Delivered Meal
<p>The learner will be able to:</p> <ul style="list-style-type: none"> - Name 3 responsibilities consumers have in food safety 	<p>As we mature, our bodies change. Seniors become more at risk for illness and it can take longer to regain our health.</p>	<p>Background for Instructor:</p> <p>Use Lesson Plan:</p> <p style="text-align: center;"><i>Keeping Foods Safe</i></p> <ul style="list-style-type: none"> • Introduction • Discussion • Distribute Hand-out • Summary 	<ul style="list-style-type: none"> • Provide participants or home delivered meal client with the following hand-out(s): <ul style="list-style-type: none"> ○ Seniors Need Wisdom on Food Safety • Food Package with a "Sell by" or "Use by" date
<p>For more information: Food Safety for Older Adults http://www.fsis.usda.gov/PDF/Food_Safety_for_Older_Adults.pdf Have a food safety question you need answered immediately? Ask Karen! www.AskKaren.gov is available 24/7</p>		<p>Consumers & Food Safety Educators: USDA Meat & Poultry Hotline 1-888-MPHotline (1-888-674-6854) Includes recorded messages on food recalls, food safety, storing and thawing OR to speak to a person from 10 a.m.-4 p.m. E-mail address: MPHotline.fsis@usda.gov</p>	

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Las Personas Mayores necesitan ser juiciosas en materia de inocuidad alimentaria

Un dicho antiguo dice: "con la edad llega el buen juicio". Es de esperar que ello incluya también el estar bien informado sobre inocuidad alimentaria. ¿Por qué? Porque nuestros cuerpos cambian con la edad. Las personas mayores se vuelven más susceptibles a enfermedades y una vez enfermas les toma mucho más tiempo para recuperarse.



Manténgase sano... Manténgase seguro

Las frutas y las verduras son parte importante de una dieta saludable. Sus mercados locales tienen una increíble variedad de frutas y verduras frescas que son nutritivas y deliciosas.

Al disfrutar de los productos frescos y los jugos de frutas y verduras recién exprimidos, es importante manipularlos en forma segura a fin de reducir el riesgo de enfermedades transmitidas por los alimentos.

Evitar las enfermedades transmitidas por los alimentos es sencillo



Las bacterias nocivas que pueden encontrarse en la tierra o el agua donde crecen los productos frescos pueden entrar en contacto con las frutas y verduras, y contaminarlas. O bien, los productos frescos pueden ser contaminados después de la cosecha, durante la preparación o el almacenamiento.

Comer productos frescos contaminados (o tomar jugos de frutas y verduras preparados con productos contaminados) puede provocar enfermedades transmitidas por los alimentos que pueden causar infecciones graves, y a veces fatales. No obstante, ¡es fácil ayudarle a protegerse y a proteger a su familia de contraer enfermedades transmitidas por los alimentos siguiendo estos consejos de manipulación segura!

Consejos para preparar productos frescos

¿Qué ocurre con los productos frescos prelavados?

Muchos productos frescos precortados, empaquetados, como la lechuga, vienen prelavados. De ser así, **la indicación figurará en el paquete**. Estos productos frescos prelavados, empaquetados pueden usarse sin necesidad de lavarlos nuevamente.

Como medida adicional de precaución, puede volver a lavar los productos **inmediatamente antes de usarlos**. Los productos frescos precortados o prelavados envasados en bolsas abiertas deben lavarse antes de ser usados.

Comience lavándose las manos. Lávese las manos durante 20 segundos con agua tibia y jabón, antes y después de preparar productos frescos.

- **Corte las áreas dañadas o golpeadas** de las frutas y verduras frescas antes de prepararlas y/o comerlas. Los productos frescos que parecen podridos deben desecharse.
- Debe **lavar bien** todos los productos frescos **antes de comerlos**. Esto incluye productos frescos cultivados en forma convencional u orgánica en el hogar, productos frescos comprados en un supermercado o mercado agrícola. Lave las frutas y verduras con agua corriente inmediatamente antes de comerlas, cortarlas o cocinarlas.
- **Aun si planea pelar** los productos frescos antes de comerlos, es importante lavarlos primero.
- *No se recomienda* lavar las frutas y verduras con jabón o detergente ni con limpiadores comerciales para lavar productos frescos.
- **Frote los productos frescos firmes**, como melones y pepinos, con un cepillo limpio para productos frescos.
- **Secar los productos frescos** con una toalla limpia (papel o tela) ayuda a reducir aún más las bacterias que podrían estar presentes.

Separar para mantener la seguridad

Mantenga las frutas y verduras que se comerán crudas **separadas de otros alimentos** como carne roja, aves o pescados y mariscos crudos — y de los utensilios de cocina que se usan para esos productos.

Además, asegúrese de:

Lavar tablas, platos, utensilios y superficies de trabajo con agua caliente y jabón entre la preparación de productos de carne roja, aves, y pescados y mariscos crudos y la preparación de productos frescos que no se cocinarán.



Para mayor protección, en forma periódica, se pueden usar **desinfectantes para cocina** en tablas y superficies de trabajo. Pruebe con una solución de una cucharadita de cloro por un cuarto de agua.

Comidas Calientes, Compradas o entregadas a Domicilio

¿Va a consumirlas dentro de 2 horas? Recoja o reciba la comida CALIENTE...y consúmlala en un plazo de 2 horas.

¿No va a consumirlas dentro de 2 horas? No es suficiente el mantener la comida tibia. Las bacterias dañinas se pueden multiplicar entre 40 ° (4.4 °C) y 140 °F (60 °C).

Gradúe el horno a una temperatura lo suficientemente alta como para mantener la comida a 140 °F (60 °C) o mayor. Verifique la temperatura interna de la comida con un termómetro para alimentos. El cubrir la comida con papel de aluminio previene que ésta se seque.

¿Va a consumir la comida mucho más tarde? No es bueno tratar de mantener la comida caliente por más de 2 horas. La comida tendrá mejor sabor y estará almacenada de manera correcta si:

- La coloca en recipientes poco hondos.
- Divide las porciones grandes en porciones más pequeñas
- La cubre sin tapparla herméticamente y la refrigera inmediatamente.
- La calienta a fondo cuando esté listo para comer.

¿Va a calentar la comida? Caliente la comida hasta que alcance una temperatura interna de 165 °F (73.88 °C) o hasta que esté humeante. En el horno de microondas, cubra la comida y hágala girar para que se caliente en forma uniforme. Después de sacar la comida del horno de microondas, deje que repose un rato para que el calor se esparza uniformemente.

Consulte el manual de su horno de microondas y guíese por los tiempos de cocción, el nivel de potencia y tiempo de reposo recomendados. El calentar inadecuadamente puede causar enfermedades.

Comidas Frías, Compradas o Entregadas a Domicilio

Mantenga frías las comidas frías.

Coma o refrigere las comidas inmediatamente. Las comidas frías se deben mantener a 40 °F (4.4 °C) o menos.

La regla de las dos horas.

Los alimentos perecederos no deben dejarse sin refrigeración por más de 2 horas. Deseche los alimentos que hayan permanecido a temperatura ambiente por más de 2 horas. Cuando la temperatura ambiente esté por encima de 90 °F (32.22 °C), deseche los alimentos después de una hora.

Nutrition Lesson Plan
Topic: Clean Hands Save Lives

Main Message: Clean Hands Save Lives

Introduction with Audience:

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. It is best to wash your hands with soap and clean, running water for 20 seconds. However, if soap and clean water are not available, use an alcohol-based product to clean your hands. Alcohol-based hand rubs significantly reduce the number of germs on skin and are fast acting.

Discussion or Demonstration of Proper Hand Washing (5minutes)

If actual demonstration is not an option, at least use hands to show rubbing and scrubbing of all hand surfaces while describing what you are doing. And, don't forget to sing "Happy Birthday" twice through to show the amount of time.

When washing hands with soap and water:

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend!
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.
- Remember: If soap and water are not available, use alcohol-based gel to clean hands.

When using an alcohol-based hand sanitizer:

- Apply product to the palm of one hand.
- Rub hands together, making sure that fingertips of both hands are also cleaned.
- You can do this by rubbing your fingertips in the palm of the other hand - switch and do the other hand.
- Rub the product over all surfaces of hands and fingers until hands are dry.

When should you wash your hands?

- Before preparing or eating food.
- After going to the bathroom.
- After changing diapers or cleaning up a child who has gone to the bathroom.
- Before and after tending to someone who is sick.
- After blowing your nose, coughing, or sneezing.
- After handling an animal or animal waste.
- After handling garbage.
- Before and after treating a cut or wound

Summary Statement: Seniors are more at risk for illness, and it can take longer to regain your health. The best way to stay healthy is to prevent illness. Hand washing keeps you healthy. Clean hands save lives!

Suggested Materials:

Hand-out: *Clean hands save lives*

Food Package with a "Sell by Date" or "Use by Date"

Seniors Need Wisdom on Food Safety


An old adage states, "With age, comes wisdom." Hopefully that wisdom includes lots of good food safety information. Why? As we mature, our bodies change. Seniors become more at-risk for illness and, once ill, it can take them longer to recover.

Staying Healthy... Staying Safe

Fruits and vegetables are an important part of a healthy diet. Your local markets carry an amazing variety of fresh fruits and vegetables that are both nutritious and delicious.



As you enjoy fresh produce and fresh-squeezed fruit and vegetable juices, it's important to handle these products safely in order to reduce the risks of foodborne illness.



Avoiding Foodborne Risk is Easy

Harmful bacteria that may be in the soil or water where produce grows may come in contact with the fruits and vegetables and contaminate them. Or, fresh produce may become contaminated after it is harvested, such as during preparation or storage.

Eating contaminated produce (or fruit and vegetable juices made from contaminated produce) can lead to foodborne illness, which can cause serious - and sometimes fatal - infections. However, it's easy to help protect yourself and your family from illness by following these safe handling tips!

Preparation Tips for Fresh Produce

What About Pre-washed Produce?

Many precut, bagged produce items like lettuce are pre-washed. If so, **it will be stated on the packaging**. This pre-washed, bagged produce can be used without further washing.

As an extra measure of caution, you can wash the produce again **just before you use it**. Precut or prewashed produce in open bags should be washed before using.

Begin with clean hands. Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.

- **Cut away any damaged or bruised areas** on fresh fruits and vegetables before preparing and/or eating. Produce that looks rotten should be discarded.
- All produce should be **thoroughly washed before eating**. This includes produce grown conventionally or organically at home, or produce that is purchased from a grocery store or farmer's market. Wash fruits and vegetables under running water just before eating, cutting or cooking.
- **Even if you plan to peel** the produce before eating, it is still important to wash it first.
- Washing fruits and vegetables with soap or detergent or using commercial produce washes is not recommended.
- **Scrub firm produce**, such as melons and cucumbers, with a clean produce brush.
- **Drying produce** with a clean cloth towel or paper towel may further reduce bacteria that may be present.

Separate for Safety

Keep fruits and vegetables that will be eaten raw **separate from other foods** such as raw meat, poultry or seafood - and from kitchen utensils used for those products.

In addition, be sure to:

Wash cutting boards, dishes, utensils and counter tops with hot water and soap between the preparation of raw meat, poultry and seafood products and the preparation of produce that will not be cooked.

For added protection, **kitchen sanitizers** can be used on cutting boards and counter tops periodically. Try a solution of one teaspoon of chlorine bleach to one quart of water.



Foods Purchased Or Delivered Hot

Eating Within Two Hours? Pick up or receive the food HOT...and enjoy eating within two hours.

Not Eating Within Two Hours? Keeping food warm is not enough. Harmful bacteria can multiply between 40° and 140 °F.

Set oven temperature high enough to keep the hot food at 140 °F or above. Check internal temperature of food with a meat thermometer. Covering with foil will help keep the food moist.

Eating Much Later? It's not a good idea to try and keep the food hot longer than two hours. Food will taste better and be safely stored if you:

- Place in shallow containers.
- Divide large quantities into smaller portions.
- Cover loosely and refrigerate immediately.
- Reheat thoroughly when ready to eat.

Reheating? Reheat food thoroughly to temperature of 165 °F or until hot and steaming. In the microwave oven, cover food and rotate so it heats evenly. Allow standing time for more even heating.

Consult your microwave owner's manual for recommended cooking time, power level and standing time. Inadequate heating can contribute to illness.

Foods Purchased Or Delivered Cold

Keep Cold Food Cold. Eat or refrigerate immediately. Cold food should be held at 40 °F or colder.

The Two Hour Rule. Perishable food should not be at room temperature longer than two hours. Discard food which has been left at room temperature longer than two hours. For room temperatures above 90 °F, discard food after one hour.