Food Safety and Inspection Service
Protecting Public Health and Preventing Foodborne Illness
Food Safety 101 for Older Adults
Food Safety and Inspection Service:
The Threat of Foodborne Illness in U.S.

Each year, foodborne illness...

- Sickens 1 in 6 Americans
- Results in 128k Hospitalizations
- Causes 3,000 deaths
- Costs US economy $15.6 billion

4 pathogens most frequently affect our regulated products:
- E. coli
- Listeria
- Salmonella
- Campylobacter
Food Safety & Older Adults

Adults 65+ are at an increased risk of hospitalization and death from foodborne illness.

Why?

- 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
During the Summer...

Rates of Foodborne Illness Increase—Why?

• Bacteria love hot, humid weather

• People are doing more outdoor activities
Summertime Food Safety

Being food safe in all kinds of weather...

• Food Safety Before, During, and After a Power Outage

• Grilling Food Safety
Know how to keep food safe before, during, and after emergencies cause power outages.

Follow these tips to help minimize food loss and reduce your risk of foodborne illness.
Food Safety for Power Outages

BEFORE
PLAN AHEAD (IF YOU CAN) ...

Put appliance thermometers in your refrigerator and freezer.

Keep freezer 0°F or below

Group foods together in the freezer to help food stay colder longer.

Freeze refrigerated items such as leftovers, milk, and fresh meat and poultry that you do not need immediately.

Refrigerator 40°F or below

If you think power will be out for an extended period of time, buy dry or block ice to keep the fridge or freezer cold.

Freeze containers of water and gel packs to help keep food cold if the power goes out.

Store nonperishable foods on higher shelves to avoid flood water.

Put appliance thermometers in your refrigerator and freezer.
Food Safety for Power Outages

**DURING**
WHILE THE POWER IS OUT ...

Keep the refrigerator and freezer doors closed to maintain cold temperature.

IF DOORS STAY CLOSED ...

- a full freezer will hold its temperature for **48 HOURS**
- a fridge will keep food safe for **4 HOURS**
- if half-full, 24 HOURS
Food Safety for Power Outages

**WHEN IN DOUBT, THROW IT OUT!**

Check the temperature inside of your refrigerator and freezer. If they're still at safe temperatures, your food should be fine.

**AFTER**

Once the power is back on...

Never taste food to determine its safety!

**WHAT SHOULD I THROW OUT?**

- Meat, poultry, or seafood products
- Soft cheeses and shredded cheeses
- Milk, cream, yogurt, and other dairy products
- Opened baby formula
- Eggs and egg products
- Dough, cooked pasta
- Cooked or cut produce

**WHAT CAN I KEEP?**

The following foods are safe if held above 40°F for more than 2 hours:

- Hard cheeses (Cheddar, Colby, Swiss, Parmesan, Provolone, Romano)
- Grated Parmesan, Romano, or combination (in can or jar)
- Butter or margarine
- Opened fruit juices
- Opened canned fruits
- Jelly, relish, taco sauce, mustard, ketchup, olives, pickles
- Worcestershire, soy, barbecue, and Hoisin sauces
- Peanut butter
- Opened vinegar-based dressings
- Bread, rolls, cakes, muffins, quick breads, tortillas
- Breakfast foods (waffles, pancakes, bagels)
- Fruit pies
- Fresh mushrooms, herbs, and spices
- Uncut raw vegetables and fruit

**REFREEZE FOOD THAT STILL CONTAINS ICE CRYSTALS OR IS AT 40°F OR BELOW.**

**FOLLOW THESE STEPS AFTER A FLOOD:**

- **DO NOT EAT** any food that may have touched flood water.
- **DISCARD FOOD** not in waterproof containers; screw-caps, snap lids, pull tops, and crimped tops are not waterproof.
- **DISCARD cardboard juice/milk/baby formula boxes and home canned foods**
- **DISCARD** any damaged cans that have swelling, leakage, punctures, holes, fractures, extensive deep rusting, or crushing/denting severe enough to prevent normal stacking or opening.

**SANITIZE**

1 tbsp. bleach + 1 gallon water

Pots, pans, dishes and utensils

Undamaged all-metal cans after removing labels
Throw it out?  
Keep it?

LOOK FOR CLUES:

- Ice cubes melted?
- Food in packages changed shapes?
- “Snow” in packages?

Never taste food to determine its safety!
Grilling Food Safety

One of the best things about summer is firing up the grill!

Make sure your fun in the sun doesn’t get cut short by following 4 simple food safety steps...
The Four Steps

• Clean
• Separate
• Cook
• Chill
The Four Steps: CLEAN

- Wash your hands with warm, soapy water for **20 seconds**
- At a picnic? **Pack moist towelettes**!
- **Clean utensils and equipment** with hot, soapy water
- **Wash produce under running water**—even if you plan to peel them
- **DO NOT** Wash raw meat and poultry before cooking
The Four Steps: CLEAN

Bleach Solution
Use on cutting boards and surfaces

- Place 1 tbsp. unscented bleach in 1 gallon on water
- Allow solution to sit on surface for several minutes
- Make fresh solution each time
The Four Steps: 
**SEPARATE**

- Keep raw meat, poultry, and seafood away from other foods
- When grilling, use separate plates/utensils for raw meat or poultry and ready-to-eat foods
- Never place cooked food on the same plate that held raw meat or poultry
- Use plastic bags at the grocery store to keep raw meat and poultry separate from other items in your shopping cart.
The Four Steps: COOK

- Cooking to a safe internal temperature will destroy food poisoning bacteria
- Color is not a reliable indicator of doneness
- Always use a food thermometer—follow the PRO method
Grilling Like a PRO

GRILLIN’ like a...

P = Place the Thermometer!
Place the food thermometer into the thickest part of the meat.

R = Read the Temp!
Wait about 10-20 secs for the temperature to be accurately displayed. Foods must reach the safe internal temps listed here for safety.

O = Off the Grill!
Once the meat is at a safe temperature, take it off the grill.

Put cooked food on a CLEAN PLATE!
Grilling Like a PRO
The Four Steps: CHILL

- Chill raw and cooked foods promptly to avoid The Danger Zone (40 – 140 °F)
- Don’t leave food at room temperature for longer than Two Hours (or One Hour if temperature is above 90 °F)
- Keep perishable food in an insulated cooler with ice or frozen gel packs
Keep Cold Food Cold
Put cold side dishes on beds of ice.
Serve small amounts at a time and leave the rest in the cooler/fridge.

Keep Hot Food Hot
Set hot food to the side of grill rack—not directly over coals.
Keep at 140 °F or warmer.
Foods to Avoid

- Raw or undercooked meat, poultry, eggs, and seafood
- Hot dogs, deli meat & lunch meats (unless reheated to steaming hot)
- Unpasteurized refrigerated pates or meat spreads (Canned or shelf-stable pates/meat spreads may be eaten)
- Unwashed fresh fruits & vegetables
- Raw or unpasteurized milk
- Raw sprouts (alfalfa, clover, & radish)
- Soft cheeses (unless labeled “made with pasteurized milk”)
Product Dating

“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.
Prevent food waste

Storage advice on more than 400 food and beverage items

Cooking advice for meat and poultry

Syncs to your calendar

Access to AskKaren
USDA Meat & Poultry Hotline

Open Monday - Friday
10:00am to 4:00pm ET

1-888-MPHotline
(1-888-674-6854)

Live Chat/Email:
AskKaren.gov
More Resources

1-888-MPHotline
@USDAFoodSafety

www.FoodSafety.gov
FoodSafety.gov
QUESTION 1:

How long does perishable food last in the refrigerator without power?

4 HOURS
QUESTION 2:

How long does perishable food last in the freezer without power?

1-2 DAYS
(48 hours if full, 24 if half full)
QUESTION 3:

At what temperature should you keep your refrigerator and freezer?

FRIDGE = 40 °F or below
FREEZER = 0 °F or below
QUESTION 4:

At what internal temperature is a ground beef burger safe to eat?

160 °F
QUESTION 5:

Yes or No? You should wash raw meat and poultry before cooking?

NO

(Washing raw meat and poultry can cause cross-contamination)
POPC QUIZ!

QUESTION 6:

How long can perishable food be left out at room temperature? When the temperature is above 90 °F?

2 HOURS at room temp
1 HOUR above 90 °F
QUESTION 7:

What is the free app from USDA that offers storage advice for more than 400 foods and beverages?

The FoodKeeper
Questions?

Thank You for Participating in Food Safety 101

What Are You Making?

BARBECUE
- Cool all meal and poultry to recommended internal temperatures:
  - Burgers: 160°F
  - Turkey: 165°F
  - Sausage: 160°F
  - Steaks: 145°F

DEVILED EGGS
- Refrigerate prepared eggs until they’re ready to be served and once cut, keep them covered in ice to keep them cool.

Here are some food safety tips for preparing a few signature summer dishes.

For more summer food safety tips, go to FoodSafety.gov.