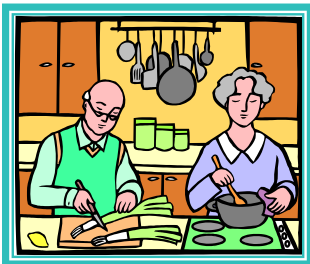




# At Risk ...for Foodborne Illness



## Food Safety for Mature Adults

### Risky Food Handling Practices of Mature Adults

Studies show that although mature adults know about safe food handling practices, they don't always refrigerate foods promptly OR use meat or food thermometers to check the internal temperatures of food.



#### Hot Foods Purchased or Delivered:

- Keep hot (140 degrees F or hotter) until eaten.
- Eat within 2 hours or refrigerate.



#### Cold Foods Purchased or Delivered:

- Eat or refrigerate immediately.
- Keep cold food at 40 degrees F or colder.



## Tips for Safely Reheating Foods:

- Reheat foods until they reach 165 degrees F or are steaming hot.
- If heating in the microwave oven, cover and rotate.



Throw away potentially hazardous foods that have stayed at room temperature for more than 2 hours.



## Foods to Avoid...

- Raw or undercooked fish, shellfish, meat or poultry
- Raw or unpasteurized milk or soft cheeses
- Raw or lightly cooked eggs
- Raw sprouts
- Unpasteurized fruit or vegetable juices
- Hotdogs or deli meats unless reheated steaming hot

