

# HOW TO SAFELY HANDLE FOOD & SNACKS BROUGHT IN FOR YOUR RESIDENTS

We do our best to offer foods people enjoy eating and encourage them to ask us if there's something we don't serve that they'd like to have. We also realize that at times, people may want to bring in food from outside sources. We welcome this because we want more than anything for people to eat the foods they most enjoy. That said, here's how to do it safely.

PERSON  
DIRECTED  
CARE



## WE WANT YOU TO KEEP US SAFE!

### What to Remember about Food from Outside Sources

- How is staff told about food brought in from outside sources?
- Is the food in the proper container?
- Where can labels and containers be found?
- What information does the label need?
- What should the serving temperature be?
- How long can this food be stored?
- Where can this food be heated?

### FOOD SAFETY GUIDELINES

- ✓ Avoid handling foods with bare hands.
- ✓ Do not touch ready-to-eat foods with your bare hands.
- ✓ Wash produce appropriately.
- ✓ Do not keep foods at room temperature for over one (1) hour.
- ✓ Store perishable foods in a refrigerator at or below forty degrees for cold.
- ✓ Use clean dishes and utensils.
- ✓ Keep hot foods, HOT (140° or above.)
- ✓ Keep cold foods, COLD (40° or below.)
- ✓ Proper reheating process used;\* heat to 165 or above and use food thermometer to confirm proper temperature. Food will be stored in a clean area.
- ✓ If a person wishes to store nonperishable food items in your room, place in a sealed container and date to avoid spoilage and attracting bugs. When in doubt, throw it out!
- ✓ Discard all perishable foods (such as meats, casseroles, poultry, milk) if they have been at room temperature longer than two hours.

"F371  
Food Safety Requirements requires a policy regarding use and storage of foods brought to residents by family and visitors to ensure safe and sanitary storage, handling and consumption."

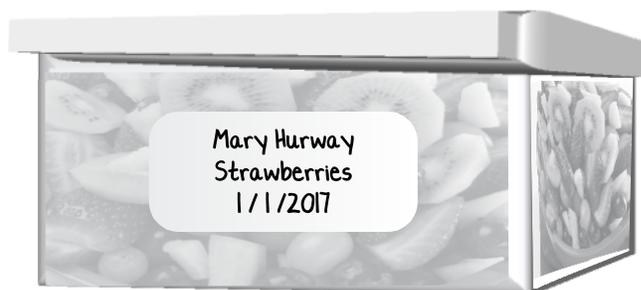
- Diane Hall, RD

### The Most Effective Way to Wash Your Hands: A MUST FOR SAFETY



- Wet hands.
- Apply soap.
- Lather and rub hands together for 20 seconds, rinse hands.
- Dry hands with a disposable or clean towel.

Store leftover perishable food in a sealed container and labeled with the resident name, the name of the food item and the date of preparation or purchase date.



\* Local authorities may have stricter guidelines for use of microwave. F371: "Subject to applicable State and local laws or regulations ..."

Read  
This

Encourage people to check with the physician, nurse or dietitian to identify if there are any foods that they should avoid. Please share this information with friends or family who may bring food to residents.

Balanced Senior Nutrition | SeniorNutrition.net | info@SeniorNutrition.net | Phone 855-342-6322