

DINING Directions

FOOD SAFETY IS MORE THAN JUST CLEAN FLOORS AND SHINY EQUIPMENT

This story comes from the files of Mary Pinto, former ACHA surveyor and our resident expert on kitchen safety.

To begin, a registered dietitian had just started her new job at a nursing home and was touring the main kitchen that was providing shared community meals for a special holiday dinner called “A New Orleans New Year.” The outing revealed what was the cleanest institutional kitchen that the dietitian had ever seen. The equipment was so shiny you could see your face in the polished metal. The floors were so clean you could eat off them. Even after she returned to work, the dietitian couldn’t stop thinking about what an amazingly sanitary environment she had just seen.

In the morning meeting after the event, the RD heard about a trickle of incidents regarding residents vomiting and experiencing diarrhea, that later became a flood of complaints about the same GI symptoms. Tests revealed an outbreak of salmonella.

To find out what happened, the Department of Health inspected the kitchen for unsanitary conditions; in this case, a kitchen so clean you could eat off the floors.



After completing the inspection, the inspectors determined that a heated holding unit was not calibrated properly, causing the temperature to fall below safe levels. This error in calibration caused the Shrimp Creole being held in the inadequately heated unit to grow bacterial colonies of salmonella. All the residents that ate the New Year’s dish from that particular holding cabinet got violently ill.

The lesson learned? You can have the cleanest, most sanitary kitchen in the world, but if you fail to institute preventive maintenance on essential kitchen equipment, instead of a joyous celebration you can have a holiday disaster!

BALANCED SENIOR NUTRITION WISHES YOU A MERRY CHRISTMAS AND A HAPPY NEW YEAR.



Bonus Recipe!

CHAMPAGNE HOLIDAY PUNCH



SERVES 12

Ingredients:
 1 (46 oz.) can pineapple juice ; chilled
 1 (28 oz.) bottle mineral water or club soda ; chilled
 1 (6 oz.) can frozen orange juice concentrate ; thawed
 1 lemon or lime thinly sliced
 2 c. fresh or frozen berries
 1 (750 ml) bottle chilled champagne/sparkling grape juice

RECIPE CORNER

MASHED MAPLE SWEET POTATOES

Ingredients:
 2 ts Margarine or butter
 3 med Sweet potatoes ; peeled
 1/4 ts Salt
 1/4 c Half-&-half cream; up to 1/3 c
 1/2 c Maple syrup



SERVES 12

- In a medium saucepan cook potatoes, covered, in a small amount of boiling water for 30 to 35 minutes or until very tender; drain.
- Mash with a potato masher or beat with an electric mixer on low speed. Add maple syrup, margarine or butter, and salt. Gradually beat in enough half-and-half, light cream, or milk to make potato mixture light and fluffy.
- Pipe or spoon potato mixture onto serving plates.

Nutrition Per serving: Calories: 101, Carbohydrate 15.9 grams, Fat 3.7 grams, Protein: 1.4 grams



HOW TO SAFELY HANDLE FOOD AND SNACKS BROUGHT IN FOR THE HOLIDAYS



We all want our residents to enjoy their special treats during the holidays and often that means friends or family will bring in goodies. We've compiled a complete guide, "When Food is Brought In From Outside Sources." The following is a sampling of some of the information contained in our guide. If you want the complete guide, just email us at Info@SeniorNutrition.net and mention Food From Outside Sources.

WE TRUST YOU TO KEEP US SAFE!



*What to consider
when food is brought in*

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

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

- Diane Hall, RD. LDN



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 disposable or clean towel.

FOOD SAFETY GUIDELINES

- Avoid handling raw 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 two (2) hours.
- Store perishable foods in a refrigerator at or below forty degrees.
- Use sanitized dishes and utensils.
- Proper reheating process used. Heat to 165 or above and use food thermometer to confirm proper temperature.
- Keep hot foods, HOT (135° or above.)
- Keep cold foods, COLD (40° or below.)
- Store food in a clean area.
- If a person wishes to store nonperishable food items in his or her 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

STORING AND LABELING PROCEDURE →

Food and beverages brought in must be in a resealable container or package. Food is labeled with name of item, resident's name, room number, date delivered, use by date, and who delivered it.

Name of item: cheese pizza
 Resident name: Mary Hurway Room: 124
 Date delivered: 10/15/18 Use by date: 10/18/18
 Delivered by: Jane Hurway

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.

* This information is subject to applicable state and local laws or regulations

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