

# FOR RESIDENTS AND VISITORS: WHAT YOU SHOULD KNOW ABOUT BRINGING IN FOOD



Food safety is important for everyone, but it's especially important for you. As we age, the changes our bodies undergo make us more susceptible to food-borne illness or food poisoning. Since food-borne illness can be serious, or even fatal, it is important for you to know and practice safe food-handling methods to help reduce your risk of getting sick from contaminated food.

## SAFE FOOD HANDLING WHEN BRINGING IN FOOD/STORING SNACKS



We do our best to offer foods that people enjoy eating and encourage you to ask us if there's something we don't serve that you'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 enjoy. That said... ↓

### HERE'S HOW TO DO IT SAFELY

- Wash hands immediately before and after eating or drinking.
- Avoid handling foods with bare hands.
- Keep food at proper temperatures until they are eaten.
- Below 40° for cold.
- Above 135° for hot.
- 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.
- If you wish to store non-perishable 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 2 hours.



### 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.

### EXAMPLE OF PROPER LABEL

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

### ACCORDING TO THE USDA:

*"Perishable foods can cause illness when mishandled. Proper handling of the food and the leftovers is essential to ensure the food is safe for you to eat."*

## THINGS TO CONSIDER WHEN CHOOSING SNACKS OR FOOD

In addition to this guide, we encourage you to check with your physician, nurse or dietitian to identify if there are any foods that you should avoid. Please share this information with friends or family who may bring food to you.

- **Diet Restrictions** - if you're on a special diet or texture restriction, be sure to ask a nurse if the snack or food is OK for you.
- **Weight Gain or Loss** - the dietitian can help you choose the right snacks for your nutritional goals.
- **Don't see what you want?** Please let the dining manager or dining lead know about your favorite snacks.