



Wyoming
Department
of Health

Food Safety Review

Aging Division, Community Living Section
February 2018

Food Safety and Older Adults¹

- About 1 in 6 Americans will get food poisoning each year.
 - The USDA estimates that foodborne illnesses cost \$15.6 billion each year.
 - Older adults are at elevated risk for hospitalization and death from foodborne illness.
- WHY?
- Medication side effects
 - Changes in functioning of organs
 - Underlying chronic conditions
 - Age-related changes to GI tract
- Most common food pathogens that affect older adults include:
 - E. Coli
 - Undercooked ground beef; unpasteurized milk and juice; contaminated raw fruits and vegetables; water
 - Person-to-person contact
 - Campylobacter
 - Unpasteurized milk
 - Raw or undercooked meat, poultry or shellfish
 - Untreated or contaminated water
 - Salmonella
 - Raw or undercooked eggs, poultry or meat
 - Unpasteurized milk or juice
 - Cheese and seafood
 - Fresh fruits and vegetables
- Foods to avoid:
 - Soft Cheeses
 - Raw or undercooked meat, poultry, eggs or seafood
 - Unwashed fresh vegetables
 - Hot dog and deli meats that have not been heated to proper temperature
 - Raw sprouts
 - Unpasteurized milk

FightBac!²

The Four Core Practices

■ **Clean**

- Wash your hands with warm water and soap for at least 20 seconds.
- Wash cutting board, dishes, utensils and countertops with hot soapy water.
- Rinse fresh fruits and vegetables under running tap water, even if you plan to peel them.
- Do NOT wash raw meat and poultry before cooking.

■ **Separate**

- Keep raw meat, poultry, seafood and eggs away from other foods.
- Use one cutting board for fresh produce and a separate one for meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.

■ **Cook**

- Food is safely cooked when it reaches a high enough internal temperature to kill harmful bacteria.
- Always use a food thermometer to measure the internal temperature of foods.
- Color is not a reliable indicator of doneness.
- Safe Minimum Internal Temperatures- refer to chart.

■ **Chill**

- Chill raw and cooked foods promptly to avoid the Danger Zone (40°F-140°F).
- Don't leave food at room temperature for longer than 2 hours.
- Refrigerate or freeze perishable foods as soon as you get them home from the store.
- Thaw foods properly- never defrost food at room temperature.

Food Safety Handbook- Guide for Food Safety Workers in Wyoming³

Four Key Principles for Safe Food Handling

1. Taking responsibility for personal hygiene, exercising good hand washing, and being a healthy food service employee.
 - 25% of all foodborne illnesses is due to improper employee practices.
 - Anyone working with food must wash their hands.
 - Employees who are ill with colds or employees with cuts or burns are at high risk for transmitting illness.
 - Single-use gloves should be used for only one task.
2. Know what potentially hazardous foods are and keeping potentially hazardous foods at correct and safe temperatures.
 - Hazardous foods are involved in most foodborne illnesses and are generally high protein foods.
 - Most bacteria grow best between 40°F and 140°F (danger zone).
 - Review the minimum cooking temperature requirements for all foods.
 - Have access to and properly calibrate a probe thermometer.
 - Use proper methods to thaw frozen foods.
3. Using correct cook down methods for all potentially hazardous foods.
 - Improper cooling of potentially hazardous foods is responsible for 56% of all foodborne illness cases.
 - High risk foods should be cooled from 135°F to 41°F or less within 6 hours.
 - Use proper methods for cooling.
4. Practicing food sanitizations methods to prevent cross contamination.
 - Cross contamination is the transfer of harmful bacteria from one food to another.
 - Utensils, equipment, human hands
 - Store foods properly in the refrigerator or freezer.
 - Example: storage of raw chicken over lettuce can cause cross contamination.
 - Use proper sanitizing solution to minimize and prevent cross contamination on food contact surfaces.

References

1. Foodsafety.gov. “Food Safety for Older Adults.” *FoodSafety.gov*, U.S. Department of Health and Human Services, 23 Aug. 2009, www.foodsafety.gov/risk/olderadults/index.html.
2. *Fight Bac!*, www.fightbac.org/.
3. “Food Safety.” *Wyoming Department of Agriculture* , wyagric.state.wy.us/images/stories/pdf/chs/guidance/guideforfsworkersinwy.pdf .