

Nutrition Education



Use Caution with High Risk Foods:

Some foods are safer choices than others. The following are more often associated with foodborne illnesses.

Avoid:

- Raw or undercooked eggs, poultry, and meat
- Raw or undercooked sprouts
- Raw fish or oysters
- Unpasteurized milk or juice

Sources: Servsafe & CDC.gov

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Food Safety for Aging Adults

As we age, our immune systems have a harder time fighting off germs as well as before and foodborne illness can become more serious. Good food safety habits can help you stay healthy and strong. Here are a few ways to help:

Clean - Wash hands and surfaces often

- Wash hands with soap and warm water for 20 seconds (before and after using the restroom, before and after cooking, after touching pets, handling the trash, touching frequently shared surfaces like pinpads or atm machines, etc...)
- Use clean counters, cutting boards, and cooking utensils



Temperatures - Keep cold foods cold and hot foods hot

- Keep your refrigerator at 40°F or below and freezer 0°F or below
- Refrigerate leftovers within 2 hours
- Cook foods to their proper internal temperatures



Separate - Avoid cross contamination

- Keep raw meat, poultry, and seafood away from ready to eat foods
- Use separate cutting boards for raw meat and fresh foods when possible
- Use clean plates for cooked foods



When in doubt, throw it out!



Safe food habits every day can help you stay healthy, independent, and enjoy meals with confidence.