



Eating Out

*follow these
food safety tips...*

Statistics show that seniors eat out as often as the rest of the population, but are ten times more likely to die from foodborne illness. So wherever you eat, protect yourself from foodborne illness by following these food safety tips.

How would you like your hamburger?

Always order it well cooked and then check to be sure there is no pink in the middle. If it is, send it back to have it recooked. And, never eat raw meat or seafood such as steak tartare, raw oysters, or sushi.

Leftovers?

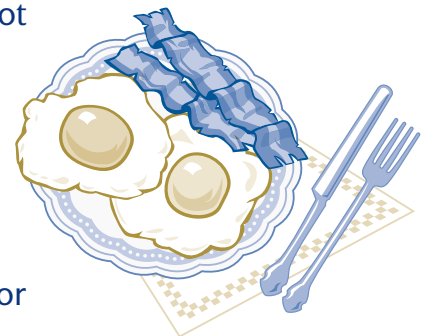
After eating, you have some great tasting food to take with you. Whether it is presented to you in a foil swan, a styrofoam box, or you wrap it in a napkin for your purse or pocket, always take it straight home and promptly put it in the refrigerator.

Restaurant Clean?

Look around when you go into a restaurant. Dirty floor? Waiters or servers in soiled clothing? Any evidence of insects? Odds are the kitchen is even worse so the food might not be safely prepared. Plan to eat somewhere else.

Eating raw or undercooked eggs can cause foodborne illness.

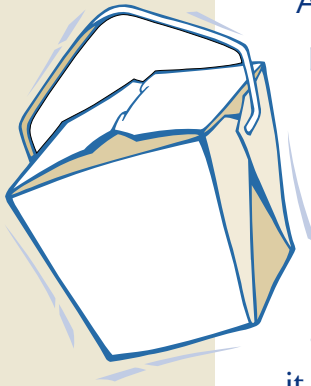
Sunnyside-up eggs can be a culprit, as well as Caesar salads, hollandaise sauce, some custards, or any food that contains uncooked or undercooked eggs. Raw and undercooked eggs can contain *Salmonella* — a harmful bacteria that can cause



foodborne illness.

Careful, this plate is really hot!

A common warning you should heed. Also make sure your food is piping hot when it is delivered. If it is not, send it back.



Foods purchased hot or delivered hot.

Eating within two hours? Pick up or receive the food hot and eat it within two hours. Keeping food warm is not enough. Harmful bacteria can multiply between 40 to 140°F. Put food in an oven set at 200°F or hotter. Cover food with foil to keep it warm and keep it moist. Not hungry and will not eat it within two hours? Do not try to keep food for more than two hours. Food will taste better and be safely stored if you:

Divide large amounts in smaller portions.

Place in shallow containers — two inches deep.

Cover loosely and refrigerate promptly.

Reheat thoroughly when ready to eat.

Adapted from: USDA
Meat and Poultry Hotline
fact sheet. 1996.

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