

## Resource: Food Safety for Your Loved One

If you plan to bring food into the facility for your loved one, please be sure that the food is handled safely.

### Food or beverages should be labeled and dated to monitor for food safety:

- Food or beverages in the original containers marked with manufacturer expiration dates and unopened do not have to be re-labeled for storage.
- Raw eggs or dishes made with raw eggs for consumption (i.e. eggnog, poached eggs) are not permitted.
- Foods or beverages that have past the manufacturer's expiration date should be thrown away.
- Food or beverage items without a manufacturer's expiration date should be dated upon arrival in the facility and thrown away three days after the date marked.
- Foods in unmarked or unlabeled containers should be marked with the current date the food item was stored.
- Any suspicious or obviously contaminated food or beverages should be thrown away immediately.
- No food should be shared with others, unless approved by a nurse or food service manager.

### Foods should be cooked to safe internal temperatures:

- Ground meats: 155° F for a minimum of 15 seconds.
- Fish, pork and other meats: 145° F for a minimum of 15 seconds.
- Stuffed meat, poultry, fish or pasta: 165° F for a minimum of 15 seconds.
- Eggs: 145° F if cooked for immediate service, 155° F if held for service.
- Food cooked in microwave: 165° F (and let stand for 2 minutes).
- Food that is cooked, cooled and reheated: 165° F for a minimum of 15 seconds.

### Foods should be stored at the appropriate temperature to maintain safety:

- Cold foods: Less than 41° F.
- Hot foods: Hold at 140° F or higher.
- Foods that are leftover should be stored promptly and cooled to 41° F or less within 4 hours.
- Foods that are leftover should be reheated to an internal temperature of 165° F for a minimum of 15 seconds.

