

prudent individualized dining



***“What could be healthier for you
than the food you love?”***

- Marie Barone



Food Safety is a Responsibility to Share



At JCMCF we are dedicated to providing an environment that promotes autonomy and self-determination; it is after all, what makes us individuals and what inspires a zest for life. An important part of our individual identities is what we like and choose to eat every day.

While JCMCF always strives to provide hearty and wholesome meals we acknowledge that sometimes there's just nothing quite like our families' home cooking.

We encourage families and visitors to bring favorite foods in for our Elders to enjoy and want to make it both convenient and safe to do so.

This brochure outlines some rules we are obliged to follow as well as tips for preparing and transporting foods safely for our Elders.

at home

CLEAN



SEPARATE



COOK



CHILL



Because older adults are more susceptible to food borne illness, it is especially important that they (or those fixing their food) are always careful with food handling and preparation. The easiest way to do this is to take these important steps: **clean, separate, cook, and chill.**

Clean: *WASH HANDS AND SURFACES OFTEN*

Bacteria can spread throughout the kitchen and get on to cutting boards, utensils, counter tops, and food.

Separate: *DON'T CROSS CONTAMINATE*

Cross-contamination occurs when bacteria are spread from one food product to another. This is especially common when handling raw meat, poultry, seafood, and eggs. The key is to keep these foods and their juices away from ready-to-eat foods.

Cook: *COOK TO SAFE TEMPERATURES*

Foods are safely cooked when they are heated to the USDA-FDA recommended safe minimum internal temperatures (see graphic)

Chill: *REFRIGERATE PROMPTLY* →

Cold temperatures slow the growth of harmful bacteria. Keeping a constant refrigerator temperature of **40 °F or below** is one of the most effective ways to reduce risk of foodborne illness.

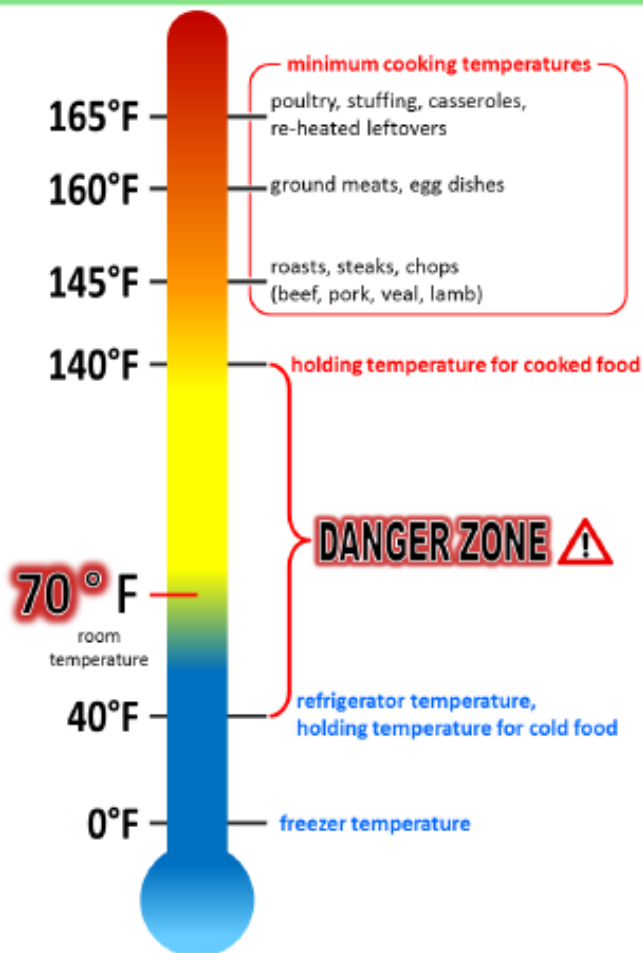
temperature control

Bacteria that cause food poisoning multiply rapidly in the “Danger Zone” between 40° and 140° F

And while many people think they can tell when food is “done” simply by checking its color and texture, there’s no way to be sure it’s safe without following a few important but simple steps.

Use a food thermometer.

Cooked food is safe only after it’s been heated to a high enough temperature to kill harmful bacteria. Color and texture alone won’t tell you whether your food is done. Instead, use a food thermometer to be sure.



at JCMCF

Elders are welcome to have a personal refrigerator in their rooms or to use one of the refrigerators in the Neighborhood dining areas to store foods until they are ready to consume them.

Please do alert staff when leaving foods in the Neighborhood refrigerators as those foods are required to be labeled and dated, kept in a separate bin and discarded when/if stored for longer than a week.

Our staff are trained to handle foods safely and will happily help Elders and visitors store, retrieve and reheat leftovers.

Microwave food thoroughly (to 165 °F)

To make sure harmful bacteria have been killed in your foods, it's important to microwave them to 165° or higher.

If you reheat foods in the JCMCF microwaves, ask a staff member for a thermometer. They can check temps for you and/or show you how.



For more detailed information and to download the free USDA FoodKeeper application (Apple/Android) visit : <https://www.foodsafety.gov/risk/>



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