

FOOD SAFETY TIPS FOR THE MEALS YOU RECEIVE

Seniors who take care to handle food safely can keep themselves healthy. Some people are more likely to get sick from harmful bacteria that can be found in food. And once they are sick, they face the risk of more serious health problems. Everyone's health is different, including his or her ability to fight off disease. But immune systems weaken as we age. In addition, stomach acid also decreases as we get older – and stomach acid plays an important role in reducing the number of bacteria in our intestinal tracts – and the risk of illness.

Follow these simple steps to ensure the proper care of the meals delivered to you.

- For best taste, eat your meal as soon as you receive it.
- If you do not plan to eat for an hour or more after your meal is delivered, refrigerate the food immediately and then reheat when you are ready to eat. Here's how:
- If the food is in a reusable Monroe tray, place tray in the microwave and reheat until it reaches an internal temperature of 160°F.
- Never put an aluminum tray in the microwave to reheat. Instead, place the food on a microwave safe plate to reheat.
- Place any cold foods in the refrigerator immediately and bring it out when you are ready to eat.
- You can also place the food on an oven safe dish/container and reheat it in the oven for approximately 15 minutes or more at 350°F until it reaches an internal temperature of 160°F.
- It is not recommended to leave any of the food sitting out on the table or counter.
- If in doubt, throw it out.

For more information on Food Safety you may contact the Meals Services Supervisor at 541-2301 to obtain additional food safety information and tips on how to reheat and cool your meals properly.

POR FAVOR DE CUIDAR LA COMIDA MOVIL QUE RECIBE DE NOSOTROS

Comida que no sea propiamente cuidada le puede causar enfermedad. No queremos que usted se enferme; le pedimos que le de el cuidado apropiado a su comida que recibe para que no consuma comida envenenada.

POR FAVOR DE HACER UNODE ESTO TRES:

- A. Si tiene hambre, debe de comerse su comida inmediatamente o
- B. Si planea de comer su comida-movil duante de una media hora, ponga el plato de aluminio en el horn de su estufa a 350, si quiere calendar la comida en el microonda ponga la comida en un plato propio porque el aluminio no se puede poner en el microonda. Ponga la comida fria en el refrigerador inmediatamente y deje la Alli hasta que este listo para comerla.
- C. Si planea comerse la comida despues de una hora, ponga toda su Comida-movil en el refrigerado inmediatamente. Cuando este listo Para comer, saque el plato de aluminio y pongalo en el horno de su estufa a 350 por 15 minutos o mas, asi esta su comida-movil lista para comer. Si la comida esta en un plato de aluminio ponga la comida en un plato que se pueda poner en el microonda.

Por ningun motivo debe dejar su comida-movil afuera del horno o el refrigerador, NI **POR UN RATITO.**

**MANTENGA SU COMIDA FRIA O CALIENTE
O TIRELA A AL BASURA!!!!!!**