

## Further Information



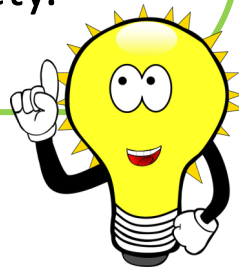
**FoodSafety.gov:** Visit the website for the latest news, alerts, and tips on handling and storing food to prevent food poisoning.



**FoodKeeper App:** Scan the QR code to access this tool to help you understand food and beverage storage, maximize freshness, and the quality of items. You can search by category or keyword.



**Centers for Disease Control and Prevention Hotline, 1-800-232-4636:** Call for questions about travel health notices, food, and water safety.



## To all who contribute

The requested contribution is **\$1.80 per meal**. This amount only covers a portion of the total cost of the meal. While no one will be denied for not contributing, we ask everyone to contribute what they can, as any contribution will assist the program to continue home delivery of nutritious meals.

THANK  
YOU!

Q4 2022-2023

# Senior Wellness Line

Senior Nutrition Program—Meals on Wheels

*A Collaboration between Santa Clara County and Sourcewise*

## Food Safety for Older Adults

**Why are older adults at increased risk for foodborne illness?**



The immune system starts declining around age 60, resulting in a decreased ability to defend against infections.



The digestive system holds food longer and the stomach may not produce enough acid to limit the bacterial growth.



The liver and kidneys may not remove bacteria and toxins as well.



Chronic conditions can further weaken the immune system.

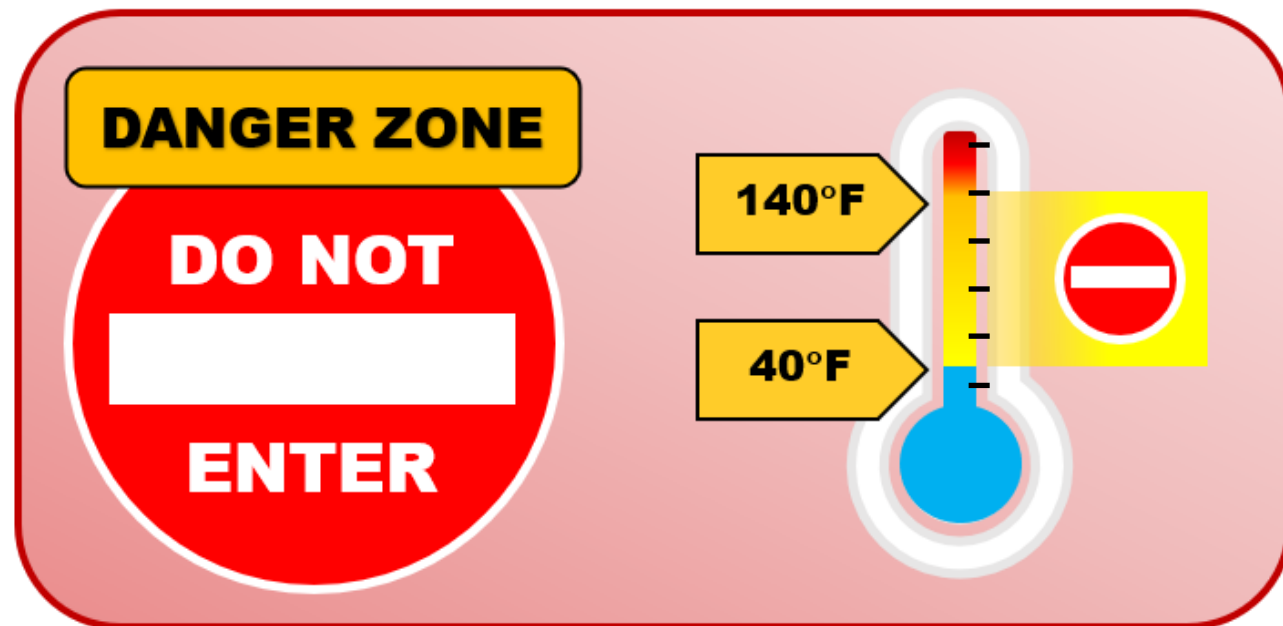


## What is the “Danger Zone?”



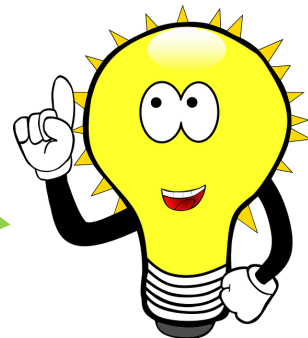
Leaving food out too long at room temperature can cause bacteria to grow to dangerous levels that can cause illness.

Bacteria grow most rapidly between 40°F to 140°F. This range of temperatures is often called the “**Danger Zone.**”



Did you know bacteria can double in number in as little as 20 minutes in the “Danger Zone?”

**When in doubt, throw it out!**



## Tips to Keep Your Food Safe



Refrigerate or freeze perishables and ready-to-eat foods immediately upon purchase.



Consume leftovers within 3 to 4 days.



Toss refrigerated leftovers after 4 days.



Keep your refrigerator clean. Wipe spills immediately. Clean inside regularly with hot, soapy water. Dry with paper towels to avoid cross contamination.