

FOOD SAFETY MYTHBUSTERS



MYTH: It's safe to thaw my frozen food on the kitchen counter because I'm going to cook it right away.



FACT: Food must be kept at a safe temperature during thawing. There are three safe ways to thaw food: (1) in the refrigerator, (2) in cold water, and (3) in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.



2

1



Partnership for
Food Safety
Education

fightbac.org/mythbusters



Alabama
ENP
Eat Right. Live Right.

ADSS Nutrition Team, Spring FY23

5 Steps to

FOOD SAFETY

1

**Be Clean,
Be Healthy**



Wash hand
when necessary



Do not work with
food if you are ill



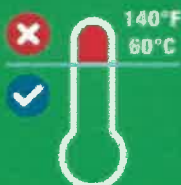
Never touch
ready-to-eat food
with bare hands

2

**Keep It Cool,
Keep it Hot**



Keep cold foods
at 41°F / 5°C
or below



Keep hot foods
at 140°F / 60°C
or above

3

**Don't Cross-
Contaminate**



Don't store
raw foods over
cooked or ready-
to-eat foods.

Never prepare
ready-to-eat foods
on the same surface
or with the same
utensils used to
prepare raw
animal proteins.

4

**Wash, Rinse,
& Sanitize**



1. Wash



2. Rinse



3. Sanitize

Properly wash,
rinse and sanitize
all food contact
utensils and
equipment

5

**Cook It &
Chill It**



Cook food until
it reaches a
proper internal
temperature.

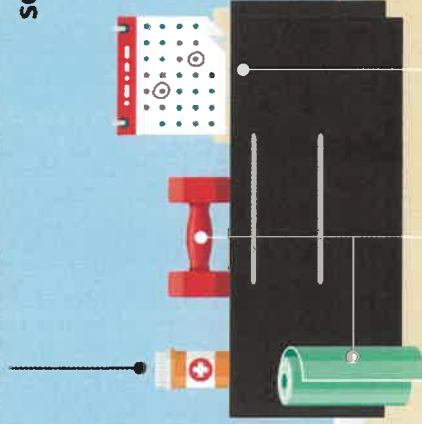


Rapidly cool food
to 41°C
or below

Six Tips To Help Prevent Falls

More than one in four people age 65 years or older fall each year, yet many falls can be prevented.

Talk with your health care provider about medication side effects



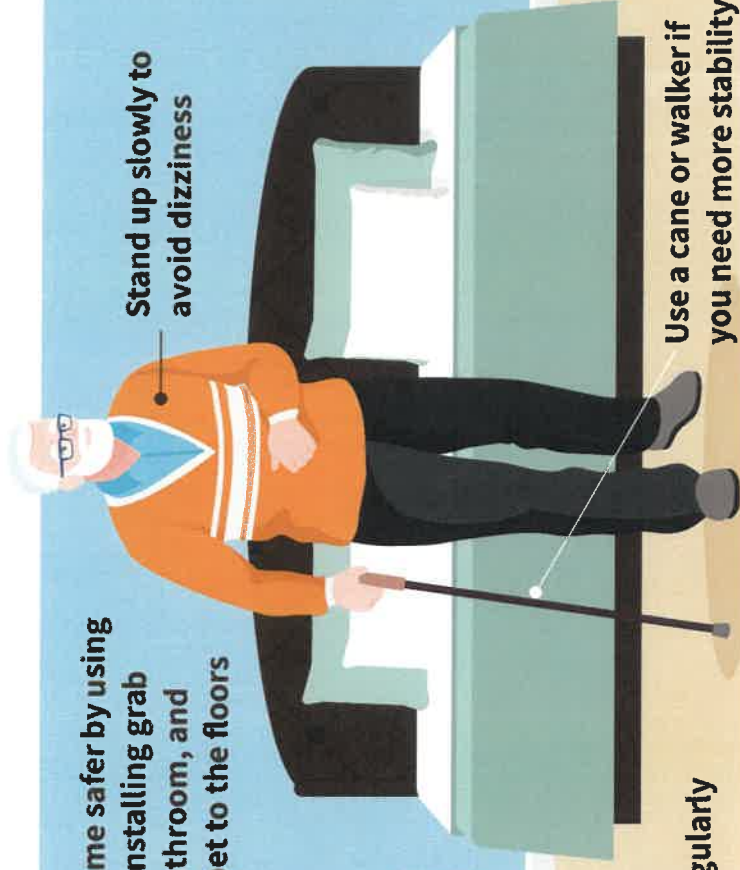
Do strength and balance exercises

Make your home safer by using night lights, installing grab bars in the bathroom, and securing carpet to the floors

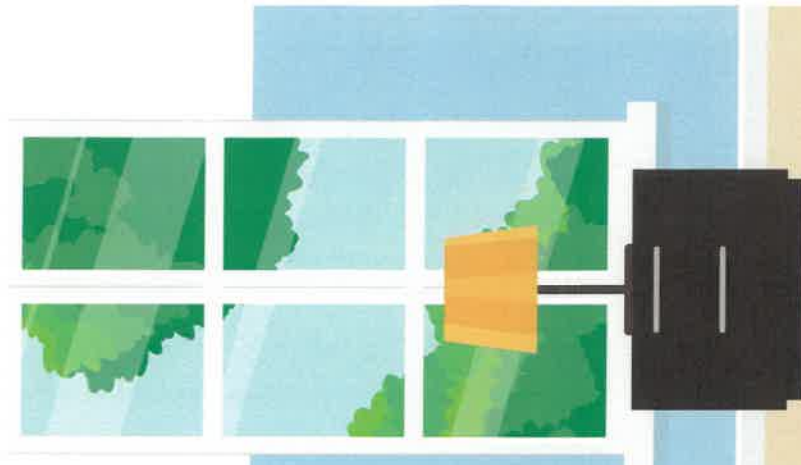


Get your vision and hearing checked regularly

Stand up slowly to avoid dizziness



Use a cane or walker if you need more stability



What To Know About High Blood Pressure as You Age

Points to remember:



The chance of having high blood pressure increases as you age.



Most people with high blood pressure don't have signs or symptoms.



Serious health problems can develop if high blood pressure is left untreated.

What you can do:



Get your blood pressure checked frequently.



Eat a healthy diet and exercise regularly.



Ask your doctor if you need medication to manage your blood pressure.

Learn more about high blood pressure and older adults at www.nia.nih.gov/high-blood-pressure.



National Institute
on Aging

CAZADORES DE MITOS SOBRE SEGURIDAD ALIMENTICIA



MITO: Es seguro descongelar mi comida congelada en el mostrador de la cocina porque la voy a cocinar de inmediato.



REALIDAD: Nunca descongele los alimentos a temperatura ambiente. Las bacterias pueden multiplicarse rápidamente si se dejan a temperatura ambiente o en la "zona de peligro" entre 40°F y 140°F. Los alimentos deben mantenerse a una temperatura segura durante la descongelación. Hay tres formas seguras de descongelar alimentos:



(1) en el refrigerador, (2) en agua fría y (3) en el microondas. Los alimentos descongelados en agua fría o en el microondas deben cocinarse inmediatamente.



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