

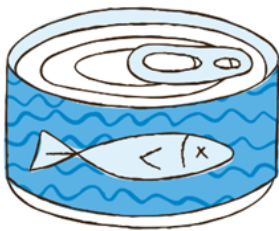


Food Safety Tips

Source: US FDA www.fda.gov

We are ALL at risk for food illnesses, but older adults or those with certain health conditions such as cancer, are at an increased risk. Use these tips to lower your risk.

1. Wash your hands, & keep the prep area & cooking tools clean.



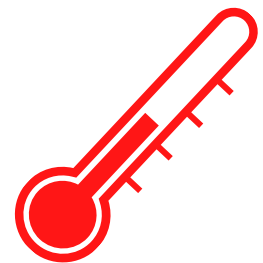
2. Rinse produce. Wipe lids of cans before opening.
Do NOT wash meat, poultry, fish or eggs.



3. Keep raw foods separate from each other, even in the shopping cart & fridge.
It can be helpful to use different colored cutting boards for different types of foods.

4. Do not reuse a marinade if there was raw food in it, unless you bring the marinade to a boil first.

5. Safe temperatures (in degrees Fahrenheit):
*Beef/pork/lamb: 145 (unless ground, then 160)
*Fish: 145
*Turkey/chicken/duck: 165



6. Put food in the fridge or freezer within 2 hours after cooking or buying from store, or within 1 hour if it's hot outside.

7. Do not thaw or marinate food on the counter.
Keep in the fridge, or you can thaw under cold water or in the microwave.

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