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Food Safety

Patient name: _____ Admission: _____

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- I. The client/caregiver can list measures to promote food safety.**
- A. Major things to remember when working with food
 - 1. Wash hands and surfaces often.
 - 2. Do not cross-contaminate foods.
 - 3. Cook foods to proper temperature.
 - 4. Refrigerate foods promptly.
 - B. Specific measures to prevent food-borne illness
 - 1. Wash hands with warm water and soap before and after handling food and after using the bathroom, changing diapers, or handling pets.
 - 2. Wash cutting boards, dishes, utensils, and countertops with hot, soapy water after preparing each food item.
 - 3. Rinse fresh fruits and vegetables under tap water.
 - 4. Separate raw meat, poultry, seafood, and eggs from other foods in your grocery cart and in the refrigerator.
 - 5. Never place cooked food on a plate that had held raw meat, poultry, seafood, and eggs.
 - 6. Refrigerate or freeze perishables as soon as you get home.
 - 7. Never defrost food at room temperature.

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- II. The client/caregiver can list complications of food-borne illness.**
- A. The Centers for Disease Control and Prevention reports that 76 million Americans suffer from food-borne illness.
 - B. They also report that as many as 5000 people die from this illness.

RESOURCES

U.S. National Food Safety Programs
www.foodsafety.gov/~dms/fs-toc.html

Food and Drug Administration

U.S. Department of Agriculture

U.S. Environmental Protection Agency

Centers for Disease Control and Prevention
www.cdc.gov/foodsafety/disease.htm

USDA National Agricultural Library
http://foodsafety.nal.usda.gov/nal_web/fsic/Contact_Us.php

REFERENCES

Lutz, C., & Przytulski, K. (2001). *Nutrition and diet therapy*. Philadelphia: F. A. Davis Company.
Nutrition made incredibly easy. (2003). Philadelphia: Lippincott Williams & Wilkins.