

# Health Tips for seniors

## Keeping your food safe

### • Facts

- Bacteria love to grow on your food & can make you sick if you eat food with bacteria growing in it.
- You will not be able to see bacteria growing.

### • Try these tips out to ensure that your food stays safe:

- Always refrigerate the following foods:
  - Pickles, olives, cut fruit
  - Salad dressings, mayonnaise
  - Butter, margarine, milk & milk products
  - Meats, chicken, fish, sandwich meats
  - Egg & pasta salads
  - Any leftovers
- Never leave any food out to cool or thaw
  - Refrigerate immediately!
  - If you need to thaw food, use the microwave or leave the food in the refrigerator
  - Do not leave perishable food in your car or carry it with you
  - If food has been sitting out for more than 2 hours, **THROW IT OUT!!!** It is unsafe to eat!



Erie County Department of Senior Services

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[www.erie.gov/depts/seniorservices/](http://www.erie.gov/depts/seniorservices/)

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