



# Safe Food Handling for Adults 60 and Over

**You are at greater risk of food poisoning and related complications when you are aged 60 and over.**

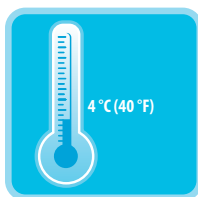
As you age, your body is less able to fight off harmful bacteria. This puts you at greater risk of food poisoning and developing serious health complications.

You can protect yourself by taking simple, yet effective, steps when handling, storing, preparing and shopping for food.



## Separate

Make sure to always separate your raw foods, such as meat and eggs, from cooked foods, fruit, and vegetables to avoid cross-contamination.



## Chill

Always refrigerate food and leftovers within two hours. Set the internal temperature of the refrigerator at 4°C (40°F) or below, and use an appliance thermometer to monitor it.



## Clean

Wash your hands, kitchen surfaces, utensils, and reusable shopping bags often with warm, soapy water to eliminate bacteria.



## Cook

Always cook food to a safe internal temperature, using a digital food thermometer.

Learn more and get your free *Safe Food Handling for Adults 60+* guide on **[HealthyCanadians.gc.ca/foodsafety](https://www.healthycanadians.gc.ca/foodsafety)** or call **1 800 O-Canada**.












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# Select the Safer Alternative

Consumption of certain high-risk foods should also be avoided.

Type of Food	Foods to Avoid	Safer Alternatives
	<b>Deli meats</b> Non-dried deli meats such as bologna, roast beef and turkey breast.	Dried and salted deli meats such as salami and pepperoni. Non-dried deli meats heated throughout to steaming hot.
	<b>Dairy products</b> Raw or unpasteurized dairy products including pasteurized soft and semi-soft cheeses such as Brie, Camembert and blue-veined cheeses.	Pasteurized dairy products except pasteurized soft and semi-soft cheeses.
	<b>Hot Dogs</b> Hot dogs straight from the package without further heating.	Hot dogs thoroughly cooked to a safe internal temperature. The middle of the hot dog should be steaming hot or <b>74�C</b> (165�F).
	<b>P�t�s and meat spreads</b> Refrigerated p�t�s and meat spreads.	P�t�s and meat spreads sold in cans or those that do not require refrigeration until after opening.
	<b>Eggs and egg products</b> Raw or lightly cooked eggs or egg products, including salad dressings, cookie dough or cake batter, sauces and drinks such as homemade eggnog.	Egg dishes thoroughly cooked to a safe internal temperature. Eggs should be cooked until the yolk is firm. Homemade eggnog must be heated to <b>71�C</b> (160�F). Or use pasteurized egg products.
	<b>Seafood</b> Raw oysters, clams and mussels.	Cook until the shell has opened.
	Raw seafood such as sushi.	Seafood cooked to a safe internal temperature of <b>74�C</b> (165�F).
	Refrigerated smoked seafood.	Smoked seafood in cans that do not require refrigeration until after opening.
	<b>Meat and poultry</b> Raw or undercooked meat or poultry such as steak tartare.	Meat and poultry cooked to a safe internal temperature.
	<b>Fruit juice and cider</b> Unpasteurized fruit juice and cider.	Unpasteurized fruit juice and cider brought to a rolling boil and cooled. Pasteurized fruit juice and cider.
	<b>Sprouts</b> Raw sprouts such as alfalfa, clover, radish and mung beans.	Thoroughly cooked sprouts.

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