

Cornell University
Cooperative Extension
of Schenectady County

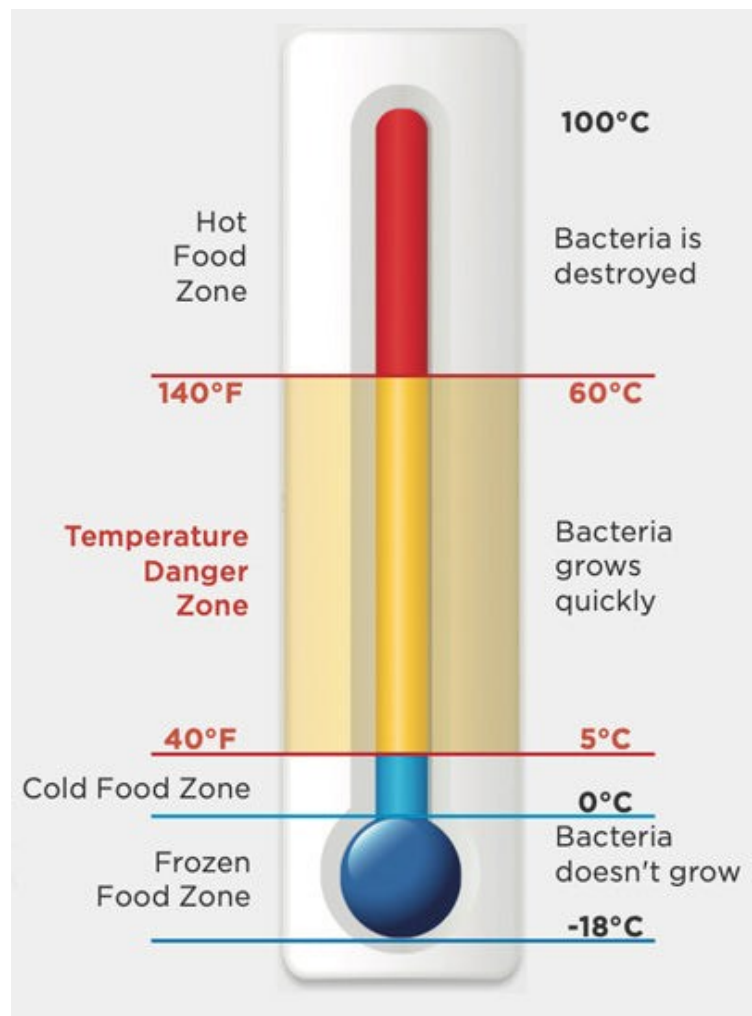
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Food Safety 101

Summertime is a great time to refresh your knowledge about food safety. Between potlucks and cookouts, graduation parties, camping or hiking trips, and days at the beach, keeping your food safe is one of the most important things to focus on. No one wants to deal with food poisoning, especially when you could be out enjoying the summer weather. Continue reading to learn how to keep yourself and your food safe.

The Temperature “Danger Zone”

The temperature range in which bacteria growth is very fast, which can lead to foodborne illness, also known as food poisoning.



40°F to 140°F
OR
5°C to 60°C

Building Strong and Vibrant New York Communities

Cornell Cooperative Extension is an employer and educator recognized for providing equal program and employment opportunities in accordance with applicable laws.

Food Safety Basics

There are four simple steps to follow to ensure your food is kept safe.

Clean:

Wash hands and food preparation surfaces **OFTEN**



Separate:

Avoid cross-contamination by keeping cooked foods separate from raw



Cook:

Use a food thermometer to make sure food is cooked to the proper temperature

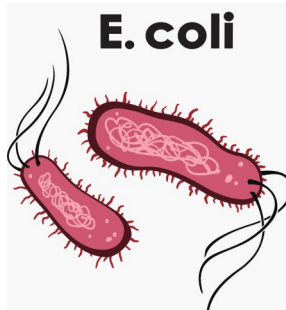
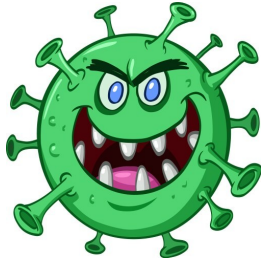


Chill: Refrigerate leftovers promptly



Why is Food Safety Important?

Older adults are more likely to become sick and be hospitalized from germs like Salmonella, Listeria and E. coli, due to slower digestion and weakened immune systems



Tips for Keeping Food Safe

When Grocery Shopping:

- ⇒ Pick up perishable foods last
- ⇒ Refrigerate perishable foods within 2 hours (within 1 hour if the temperature is over 90°F)
- ⇒ Bring a cooler and ice packs if the weather is hot



When Entertaining:

- ⇒ Keep cold food cold (at 40°F or lower), using coolers and ice or ice packs
- ⇒ Keep hot food hot (at 140°F or above), using chafing dishes, slow cookers or insulated containers
- ⇒ Keep extra utensils on hand to avoid cross-contamination





U.S. DEPARTMENT OF AGRICULTURE

Is it done yet? You can't tell just by looking!

Use a food thermometer to check for the safe minimum internal temperature.



145°F



Beef, Pork, Veal & Lamb
(Steaks, Roasts & Chops)

145°F
(with a 3-minute rest time)



Beef, Pork, Veal & Lamb
(Ground)

160°F



160°F



Turkey, Chicken & Duck
(Whole, Pieces & Ground)

165°F

Have more questions? Visit our website at www.FSIS.USDA.gov
or contact the USDA Meat and Poultry Hotline at **1-888-MPHotline (1-888-674-6854)** or MPHotline@usda.gov

Resources: <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/steps-keep-food-safe>

<https://www.fda.gov/food/consumers/people-risk-foodborne-illness>

<https://www.fda.gov/food/people-risk-foodborne-illness/food-safety-older-adults-and-people-cancer-diabetes-hiv-aids-organ-transplants-and-autoimmune>

**Consumer-centered access for
long-term care information,
referrals and assessments.**

**For information,
call 518-382-8481, #9, ext. 304**



NY Connects
Your Link to Long Term
Services and Supports

Do you have questions or concerns about what to eat?

If you are participating in services offered by Schenectady County's Senior and Long Term Care services, you are eligible for a free consultation with Debbie Griswold, Registered Dietitian.

Call Cornell Cooperative Extension, Schenectady County at 518-372-1622, ext. 269 to contact or leave a message.

Check out our website for nutrition resources: <http://ccschenectady.org/nutrition-for-seniors>

Schenectady County Department of Senior and Long Term Care Services denies no person services or access to service based upon race, color, sex, religion, national origin, marital status and/or handicapping conditions. Schenectady County Department of Senior and Long Term Care Services is primarily funded with County tax dollars. Supplemental funding is through the New York State Office for the Aging under Title III-B/D, III-C-1, III-C-2, III-F of the Federal Older Americans Act, and New York State Expanded In-Home Services for the Elderly (EISEP), Community Services for the Elderly Act (CSE), Congregate Services Initiative (CSI), and the Wellness In Nutrition (WIN). OFA July 2026