

Make Food Safety Easy

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Official Guidance



- According to the USDA's Food Safety and Inspection Service (FSIS):
- If the date [on your food] passes during **home storage**, a product should still be safe and wholesome if handled properly until the time "spoilage is evident," according to FSIS.
- You can tell if a food is spoiled if it has an off [**odor**], **flavor**, **color** or **texture**

First in, First out



Save the date!



- **Use these dates when grocery shopping and for UNOPENED foods:**
 - **Best If Used By/Before:** This is a quality assurance date and serves as a "suggestion" for when the taste and quality of food are at their peak. It is not a purchase or safety date.
 - **Use By:** This is the suggested date by when you should *eat* the food. But just because it's a day or two past the use-by date doesn't mean that consuming it will make you sick, although you should evaluate the quality of the food yourself after this time. It is not a safety date, except when used on infant formula.
 - **Sell By:** This is not a safety date, but rather a date for retailers that helps them determine how long an item should remain on the shelf. According to the IFT, "one-third of a product's shelf-life remains after the sell-by date for the consumer to use at home."
 - **Freeze By:** According to the USDA, this date indicates when a product should be frozen to maintain peak quality. It is not a purchase or safety date.

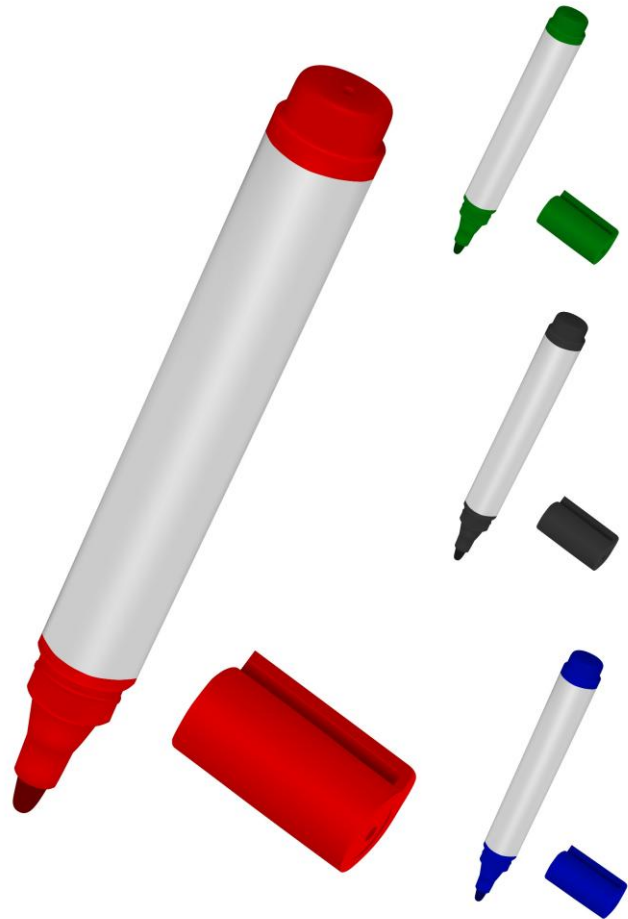
Expiration Dates



- Not really for safety; food can go bad before, can still be good after. Need to test. Better safe than sorry – when in doubt, throw it out.

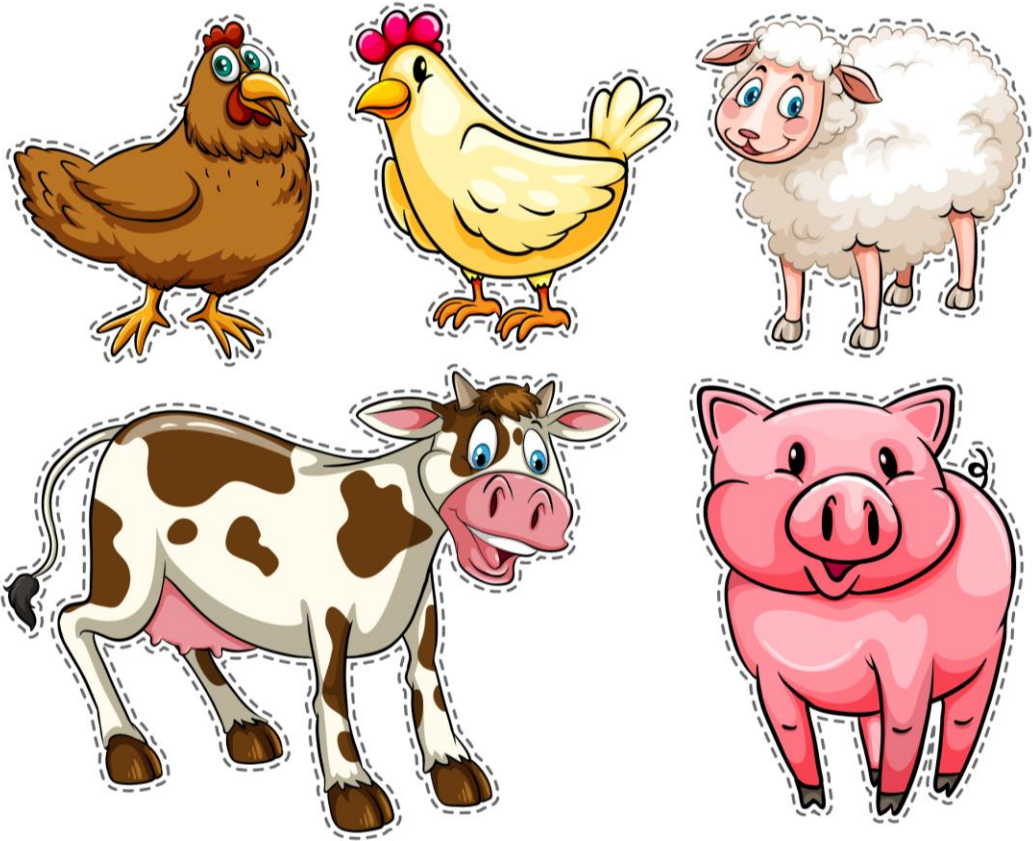


Mark Expiration Date with marker





Magnets to show can contents



Soups	Meats	Staples	Perishable
Misc			

Food Safety Habits



- Wash your hands frequently before and during food preparation
- Keep raw meat separate from produce and other foods
- Don't let perishable items sit at room temperature — or anywhere in the “danger zone” of [40 to 140 degrees](#) — for more than two hours after they were cooked or prepared.
- Portion leftovers into shallow containers — which help foods cool more quickly than if they were in deeper ones — and they refrigerate or freeze them right away.
- With safe cooking and quick cooling, some may feel comfortable eating leftovers for up to seven days after the meal.
- Those who are pregnant, 65 or older [or immunocompromised](#) may want to be more cautious and follow the federal guidance to throw leftovers out after three to four days. It's safest to use a food thermometer and reheat leftovers to 165 degrees, which kills listeria.

Does an Organized Kitchen Mean...



Or does it mean...

- A variety of fruits and veggies
- A healthy selection of different proteins
- A nice collection and variety of spices
- Very few ultra processed foods
- A nutritious meal plan for all to see



Meal Plan



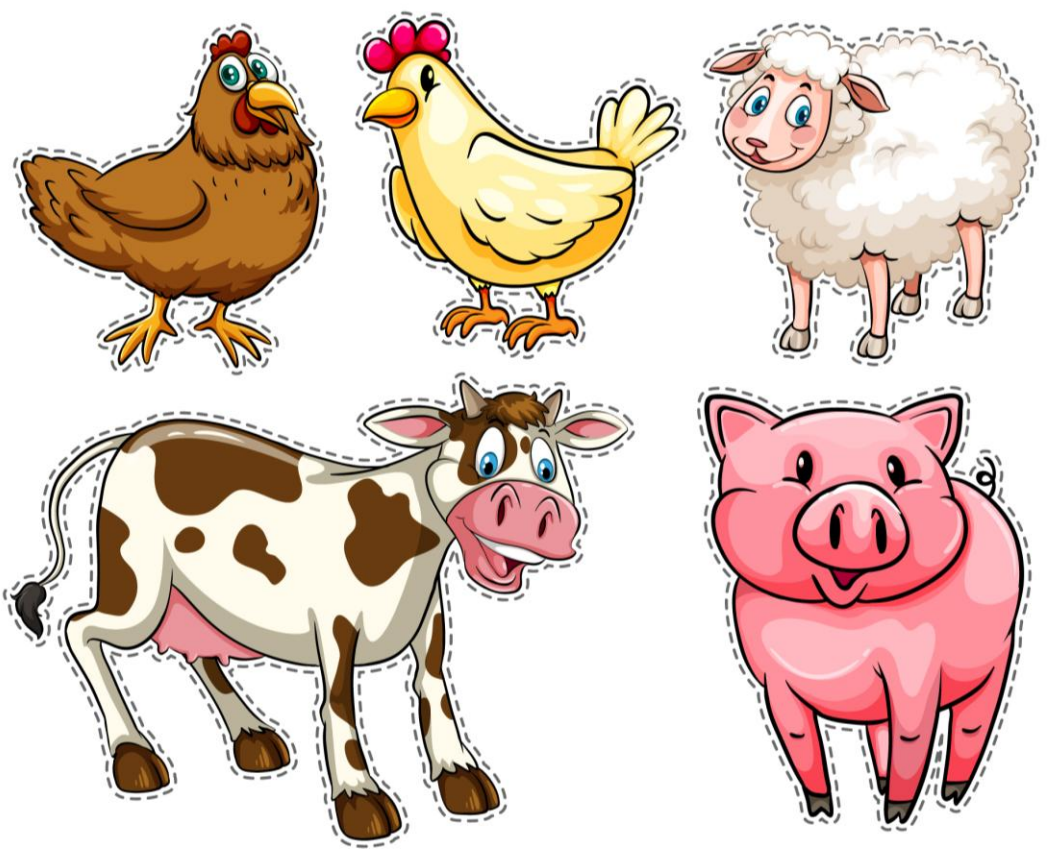
- Write it down
 - Or text or email, snap a pic of the daily meal plan
- Post for all to see
- Add it to your morning routine (or previous evening)
 - What's happening today ...
 - Dr. appt
 - For lunch, we're planning Grilled cheese with apples, how does that sound?
 - And then for dinner we're doing a cheesy vegetable lasagna with some broccoli

Set Yourself Up for Success!

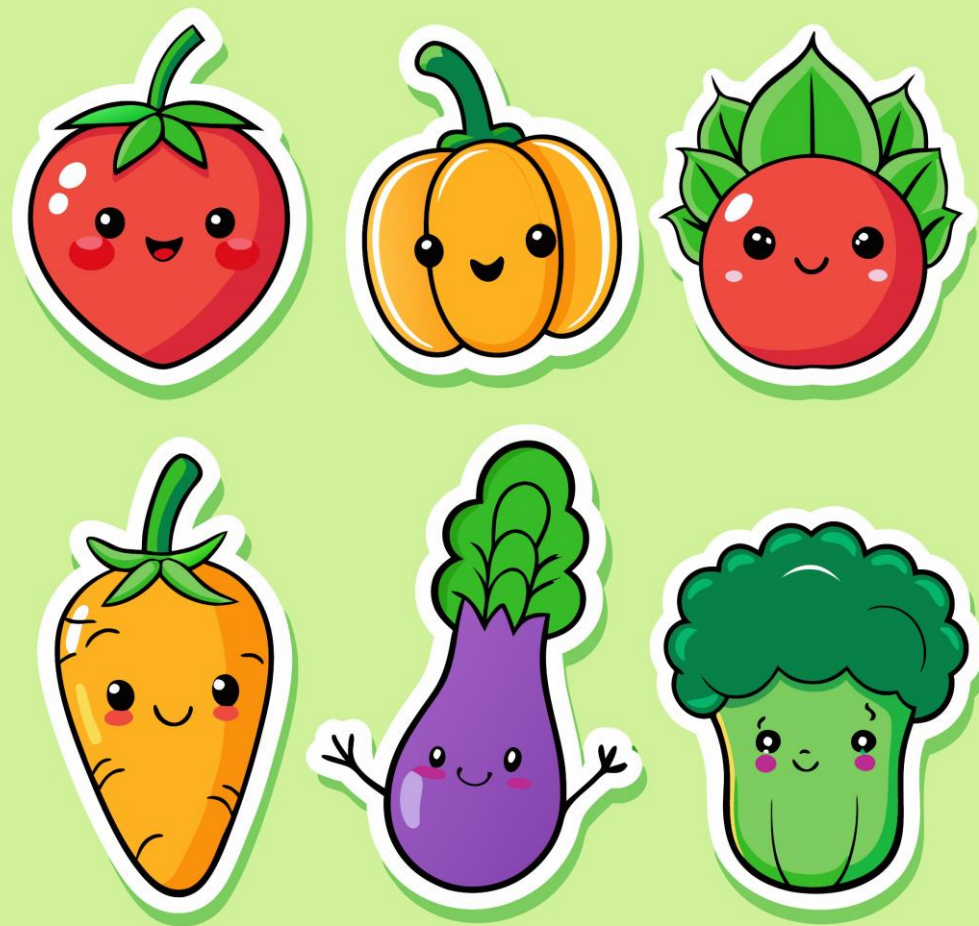


- Set a planning day/time (e.g. Sunday at 3p)
- Allow input from all
- Have a perpetual menu with easy favorites
 - Maybe have a spring/summer and a fall/winter menu
- Don't introduce new items more than once a week
- Create your shopping list as you meal plan
- Set some ground rules
- Have a theme
 - For example: Monday is meatless, Tuesday is fish, Wednesday is Italian...
 - Use countries, different vegetables, what ever works for you and your family
- Set aside 15/30 minutes to scour social media for ideas
 - (ShredHappens, HungryHappens, Downshiftology, BrainHealthKitchen, TastyShreds)

Move magnets to fridge for shopping list, pre-made for non-metal objects



Soups	Meats	Staples	Perishable
Misc			



Price vs. Value



- Smaller container may be more expensive per ounce but if you won't use it before it goes bad, you've wasted more than you've saved



Top Ten Tips



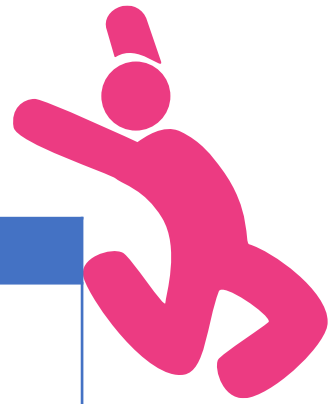
- **1. Check the Date**
- **2. Inspect the Appearance**
 - Look for signs of mold, discoloration, or unusual textures. For instance:
 - **Meats:** Any sliminess or color changes (e.g., grayish or greenish hues) may indicate spoilage.
 - **Dairy:** Curdling, separation, or a change in texture can signal souring or spoilage.
 - **Fruits and Vegetables:** Soft spots, wrinkling, or a slimy texture can indicate deterioration.
- **3. Feel the Texture**
 - Gently squeeze or press on the food. For example:
 - **Fruits and Vegetables:** They should not feel excessively soft, mushy, or overly firm unless they are naturally so.
 - **Meats:** Fresh meats should be firm, not slimy or sticky or off color
- **4. Use a Food Thermometer**
 - When reheating food or checking leftovers, using a food thermometer can ensure that the food has been heated to a safe temperature (above 165°F or 74°C for most cooked foods). This helps avoid bacterial growth.
- **5. Check for Bubbling or Off-Looking Liquid**
 - In fermented or canned products, look for bulging cans or bubbling liquid that could indicate the presence of bacteria or fermentation. For homemade products, this could also be a sign of spoilage.

Top Ten Tips (continued)



- **6. Observe for Separation**
 - **Yogurt, cream, or sauces:** If the food separates into water and solid chunks or has unusual clumping, it could be spoiled.
- **7. Look for Leaks in Packaging**
 - If food is in sealed packaging and you notice any leaks or tears, it may have been compromised and is more likely to spoil.
- **8. Use a Digital Reminder for Checking Dates**
 - If you're having difficulty remembering when food was purchased or when it expires, consider setting a digital reminder on your phone or using an app to track expiration dates.
- **9. Frozen Foods**
 - If you're unsure about the quality of frozen food, check for freezer burn or ice crystals that have formed on the surface. This doesn't necessarily mean the food is unsafe but could affect its taste and texture.
- **10. Don't let spoilage be a reason to avoid fresh food!**
 - Meal plan to avoid buying and wasting food.

Meat Cooking Temperatures



Food	Type	Internal Temperature (°F/°C)
Beef, bison, veal, goat, and lamb	Steaks, roasts, chops	145°F (63°C) Rest time: 3 minutes
	Ground meat and sausage	160°F (71°C)
Chicken, turkey, and other poultry	All: whole bird, breasts, legs, thighs, wings, ground poultry, giblets, sausage, and stuffing inside poultry.	165°F (74°C)
Ham	Raw ham	145°F (63°C) Rest time: 3 minutes
	Precooked ham (to reheat)	165°F (74°C) Note: Reheat cooked hams packaged in USDA-inspected plants to 140°F (60°C)
Pork	Steaks, roasts, chops	145°F (63°C) Rest time: 3 minutes
	Ground meat and sausage	160°F (71°C)
Rabbit and venison	Wild or farm-raised	160°F (71°C)

Other Foods Temperatures



Food	Type	Internal Temperature (°F/°C)
Eggs	Raw eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160°F (71°C)
	Casseroles (containing meat and poultry)	165°F (74°C)
Leftovers	Any type	165°F (74°C)
Seafood	Fish (whole or filet), such as salmon, tuna, tilapia, pollock, bass, cod, catfish, trout, etc.	145°F (63°C) or cook until flesh is no longer translucent and separates easily with a fork
	Shrimp, lobster, crab, and scallops	Cook until flesh is pearly or white, and opaque
	Clams, oysters, mussels	Cook until shells open during cooking

Meat Temperatures for Doneness



Rare 125 degrees F + 3 min rest	Medium Rare 130 to 135 degrees F	Medium 135 to 140 degrees F	Medium Well 140 to 150 degrees F	Well Done 155+ degrees F
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Helpful Products



3M Post-it Labeling Tape

<https://www.amazon.com/dp/B00BX9P54S?>



ThermoWorks Instant Read Thermopen

<https://www.amazon.com/s?k=thermoworks+thermapen+one>



LavaTools Javelin Pro Instant Read Thermometer

<https://www.amazon.com/s?k=Lavatools+Javelin+PRO+Duo>



Schedule regular replacements on your calendar



- You don't have to have a subscription company; you can do it yourself
 - Check monthly for things that you use a lot
 - Hand sanitizers
 - Soaps/shampoos/etc
 - Butters/drinks/breads
 - Set a category to refill each month for those things that are unusual
 - Medications – OTC
 - Sunscreen
 - Bug sprays/scent packs for bug zappers/Zevo refills, etc.
 - Spices/oils/flour/sugar/salt/pepper/baking soda/yeast
 - Fridge contents – mayo, spreads, etc

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