

Food Safety for Boomers and Beyond

Handwashing

Handwashing Steps:

"Proper hand washing may eliminate nearly half of all cases of foodborne illness and significantly reduce the spread of the common cold and flu" 1



Use warm water to wet hands

The scoop on Hand Sanitizers

- Use when handwashing facilities are not available or are inconvenient (picnics, sporting events, work, or shopping)
- Ensure sanitizers have a 60-90% alcohol content
- Apply 1-2 pumps and vigorously rub hands all over for 30-60 seconds



Scrub with soap and water for 20 seconds



Rinse well with warm water



Air dry hands or dry with single-use towels

Wash hands . . . 1

Before:

- Handling or preparing food
- Eating meals or feeding children

During:

♥ Food preparation tasks

After:

- Preparing foods
- Touching raw foods or food packages, especially meats and eggs
- Using the restroom or changing diapers
- Sneezing, coughing, or blowing your nose
- Handling garbage or dirty dishes
- Smoking cigarettes
- Petting animals
- Touching face, hair, body, other people, or a cut or sore
- Cleaning or touching dirty laundry
- Using phone or computer

Source: ¹American Dietetic Association, Home Food Safety . . . It's in Your Hands



