

# Food Safety for Boomers and Beyond



## Eating Out and Take Out

Notice these items when eating out—

### *Before entering the restaurant:*

 Does the facility appear clean and tidy from the outside?

### *After entering the restaurant:*

 Does the inside of the facility appear clean and orderly?

 Have the tables been cleaned?

 Is staff clean—aprons and hair pulled back?

 Do the glasses, silverware, and plates look clean?

 Can you see the kitchen? Does it appear clean?

 Restaurants with buffet lines:

- Are there sneeze guards protecting the food?
- Are the hot foods hot and cold foods cold?
- Are tongs available for serving food and ice?

### *When the food arrives:*

 Is the hot food hot and the cold food cold?

 If you are going to save half of the food, divide immediately and ask the server to refrigerate.

### *After the meal:*

 Refrigerate all leftovers within two hours of being served or throw it away.

 Store leftovers in a thin layer to cool faster.

 Date the box and eat leftovers within 3-4 days.

 Remove all leftovers from take-out containers before heating and fully heat to 165°F.

 It is not safe to re-heat leftover food in a slow cooker.

Eating out can be fun, but be cautious in this environment.

Be aware and notice cleanliness of the restaurant and staff. Food should be served at correct temperatures.



### Did You Know?

- Foodborne illness affects 76 million Americans each year<sup>1</sup>
- Restaurants are associated with about 59% of the reported foodborne illness<sup>1,2</sup>
- Improper thermometer usage for cooking and holding, poor personal hygiene, and cross contamination are identified as the most likely causes of foodborne illnesses<sup>3</sup>

Source: <sup>1</sup>Centers for Disease Control; <sup>2</sup>Jones T, Angulo F (2006); and <sup>3</sup>Food and Drug Admin. National Retail Food Team

