

Frozen foods

Do not cook food straight from frozen unless the label says you can. Instructions on labels are very important.

Defrost foods thoroughly before use, in a cool place (preferable the refrigerator, at 5°C or colder).

Food storage

Keep raw meats away from cooked and ready to eat foods. This is very important, because germs from raw meat must not be allowed to contaminate cooked meat. This is one of the most common causes of food poisoning.

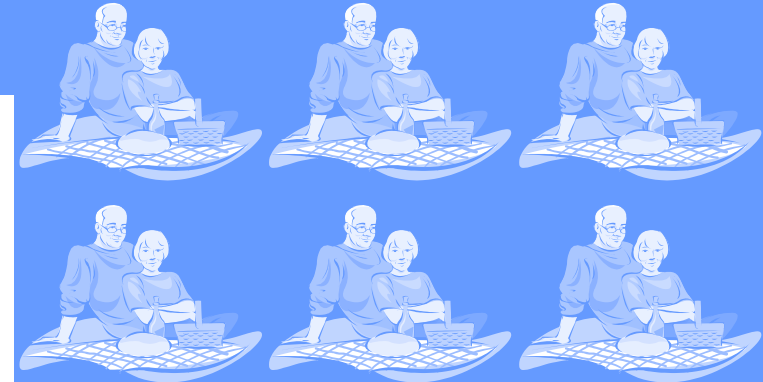
Keep cupboards, sinks and surfaces clean.

Do not keep topping up "dripping" or "stock/gravy pots". Use up the old one before you start a new one. Keep both of these refrigerated.

**Worcester City Council
Environmental Health Division
Guildhall
High Street
Worcester WR1 2EY**

tel. 01905 722 213
fax. 01905 722 255

email. envhealth@cityofworchester.gov.uk
web. www.cityofworchester.gov.uk



Food Safety for the Elderly and Vulnerable

Food safety tips

Both the elderly and the very young are particularly vulnerable to food poisoning, especially if they are not well. For the elderly, the illness which in younger days they used to be resistant to, or recovered from quickly, could now be serious.

Eggs

Salmonella is still found in some eggs. It is a very serious illness for the elderly and it is especially important to follow these rules :-

- always cook eggs thoroughly. Hard boil or cook scrambled eggs until solid.
- never eat uncooked products made with raw eggs.
- never use cracked eggs.
- always keep eggs in a refrigerator.
- use eggs within three weeks of laying.



Packaging and date markings

Always check food before you buy it. Do not buy dented cans or damaged foods because they will not keep, and may be unsafe to eat.

DO NOT BUY DAMAGED FOODS

Look at the date on the food. Perishable foods like cooked meats and dairy products will have a "use by" date.

DO NOT BUY OR USE FOOD IF IT HAS PASSED ITS "USE BY" DATE.



Perishable foods

Less preservatives are used in some foods now, and it is very important to keep perishable food in a refrigerator

KEEP PERISHABLE FOOD IN A REFRIGERATOR. MAKE SURE YOU THROW AWAY FOOD WHICH HAS PASSED ITS "USE BY" DATE

If you cook your own food, eat it immediately. If you have meals delivered eat them immediately, while they are hot. If for some reason you do not eat a hot meal as soon as you receive it you must refrigerate it immediately and reheat it very thoroughly.

"EAT FOOD AS SOON AS IT IS COOKED OR DELIVERED, WHILE IT IS STILL HOT. DO NOT LEAVE IT FOR SEVERAL HOURS IN A WARM ROOM"

Check your refrigerator to make sure it is very cold. Check your cupboards, and refrigerator regularly and throw out any old foods. Remember it costs more for you to be ill than it does to throw away out of date food.