Nutrition Education: Food Safety

**Hand washing** is essential. Wash hands with warm soapy water for 30 seconds:
- Before and after handling food
- Between handling raw and cooked foods
- After using the restroom
- After handling the garbage

**Grocery Shopping:**
- Purchase foods with sealed packages
- Purchase canned foods that are not leaking, bulging or dented
- Purchase only pasteurized milk and dairy products; avoid all moldy cheeses such as blue cheese
- Avoid alfalfa sprouts

**Storing Food Safely:**
- Refrigerate or freeze all perishable foods immediately after returning home
- Have a thermometer handy
- Keep refrigerator at 40°F or lower
- Keep freezer at 0°F
- Store raw meat and poultry on the bottom shelf of the refrigerator
- Leave eggs in their carton and store them on a shelf, not the refrigerator door
- Store canned and shelf-stable food in cool, dry place
- Avoid leaving perishable food out of the refrigerator longer than 2 hours
- Cover leftover foods with an airtight lid, plastic wrap or aluminum foil
- Use leftovers within 3 – 4 days

- Wash utensils, can openers, cutting boards and countertops in hot, soapy water before and after coming contact with meat, poultry or fish
- Wash all fruits and vegetables
- Throw away outer leaves of leafy vegetables (such as lettuce and cabbage)
- Keep two cutting boards: one for raw meats, poultry and seafood; the other for ready-to-eat foods and produce
- Keep raw food away from cooked food
- Wash cans before opening

**Thawing:**
- Thaw meats in the refrigerator on the bottom shelf
- Microwave on the defrost setting
- Do not thaw meat at room temperature or on the counter

**Cooking and Reheating:**
Foods need to be well cooked
- If you have a food thermometer, the safe minimum internal temperature is 165°F for most food
- Avoid raw fish and raw shell fish (including sushi)
- Cook chicken until juices run clear
- Cook poultry separately from stuffing
- Cover, rotate or stir foods once or twice while reheating
- Reheat all leftovers to 165°F (The food should be steaming hot)

**Preparing:**
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Nutrition Education: Water Safety

**Drinking Water:**
The public water supply may contain a low level of parasites that can cause diarrhea.

If your CD4 count is 200 or below:
- Boil tap water for 1 minute
- Use filtered water: distillation, absolute 1-micron filtration and reverse osmosis are effective types of filtration (The Pur® Plus is an example of a water filter for your home that can remove parasites)
- Water filters may be purchased at most stores that sell household kitchen supplies. They can also be purchased at certain drug stores.

**Additional Water Safety Tips:**
- Parasites are removed or killed when preparing commercial canned and bottled soda. Seltzer, fruit drinks, *steaming hot* tea and coffee also are safe to drink.
- Avoid fountain soda and fruit drinks mixed with tap water. Parasites are not killed when these drinks are prepared.
- Beverages served in restaurants can contain parasites because they may use tap water or ice made with tap water.
- In the GMHC dining room only filtered water is used for drinking and making ice.

Not all bottled water is safe to drink. When choosing bottled water make sure it is appropriately filtered for harmful bacteria (*absolute 1-micron filtration and reverse osmosis are effective types of filtration*). Check the list below to make sure the water you are drinking is safe for your consumption.

### Bottled Water Brands:

<table>
<thead>
<tr>
<th>Safe to Drink</th>
<th>Not Safe to Drink</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dasani/Purified</td>
<td>Evian Spring Water</td>
</tr>
<tr>
<td>Calistoga/Drinking</td>
<td>Fiji Natural Artesian Water</td>
</tr>
<tr>
<td>Crystal Geyser/Spring</td>
<td>Naya Spring Water</td>
</tr>
<tr>
<td>Palomar Mountain/Spring</td>
<td>Perrier</td>
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<tr>
<td>Poland Springs/Spring</td>
<td>San Pellegrino</td>
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<tr>
<td>Ralph’s/Distilled</td>
<td>Saratoga</td>
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<tr>
<td>Sparkletts/Distilled</td>
<td>Vittel</td>
</tr>
<tr>
<td>Sparkletts/Spring</td>
<td>Vons/Albertson’s</td>
</tr>
</tbody>
</table>

Sources:
http://www.gmhc.org/health/nutrition/factsheets/food_safety.html


Association of Nutrition Services Agencies
Water Safety Handout accessed at www.ansa.org