

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



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

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

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

