

The people who deliver your meals work hard to bring you meals that are safe and good to eat.

But warm food can grow bacteria that can make you sick when it is left out for only a short time.

**If you are not home,
your meal will not
be left for you.**



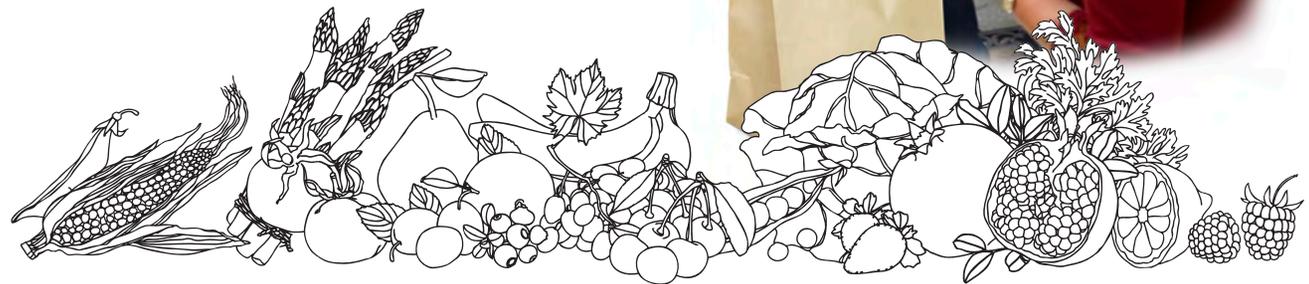
**For more information, contact
your provider:**

*This information brought to you by the
Division of Senior & Disabilities Services,
Alaska Department of
Health & Social Services.*



Stay food safe!

**For your safety,
someone must be home
to accept meal deliveries.**



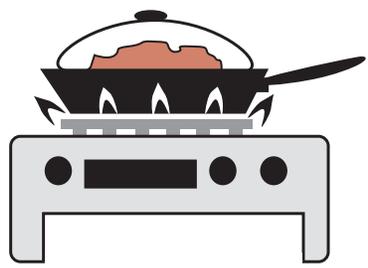
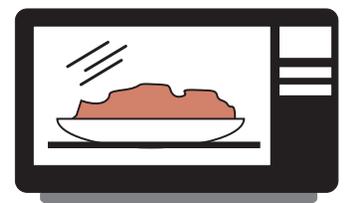


If you won't be home for a delivery, call ahead and let your provider know if you:



- would like the delivery to go to a trusted neighbor to hold in their refrigerator for you.
- want to pick up your meal.

For your safety, when you reheat your cooked food, bring it to 165° F.



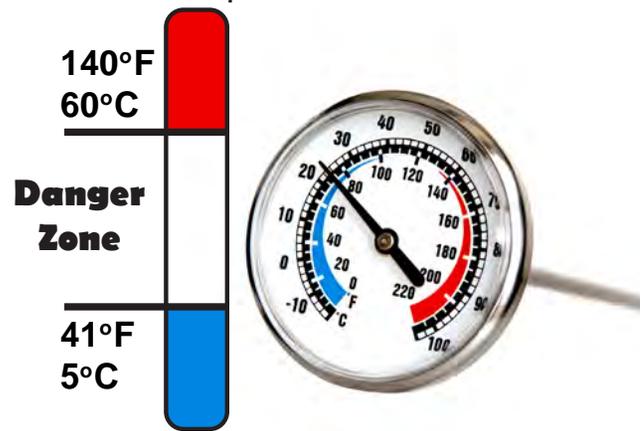
“With age comes wisdom...” and more sensitivity to harmful bacteria in spoiled food.

- We're more likely to get sick.
- When we get sick, it's more likely to be serious.



The “**Danger Zone**”

Temperature is very important! Food spoils fast in the “danger zone” between 41-140 degrees, because bacteria grow rapidly at those temperatures.



Keep hot foods **HOT** and cold foods **COLD**.

Has food been left out for more than two hours?

Follow the rule:

“When in doubt, throw it out.”

Remember: It's better to eat something else until your next delivery so you don't end up in the hospital from eating spoiled food.



For more food safety information, visit www.foodsafety.gov or <http://tinyurl.com/be-food-safe>