



# Safely and Fully Nourishing Individuals

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## TOPICS TO COVER

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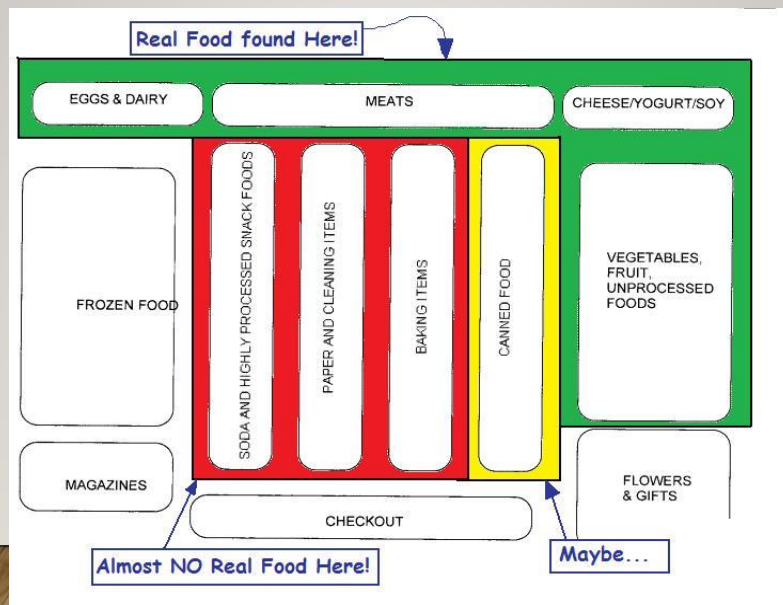
- Navigating the grocery store
- Understanding and utilizing food labels
- Choosing nutrient dense foods vs. Calorie dense
- Portion control
- Healthy styles of cooking
- Safe food handling/storage
- Safe eating practices
- Dishwashing-manual and mechanical (dishwasher)

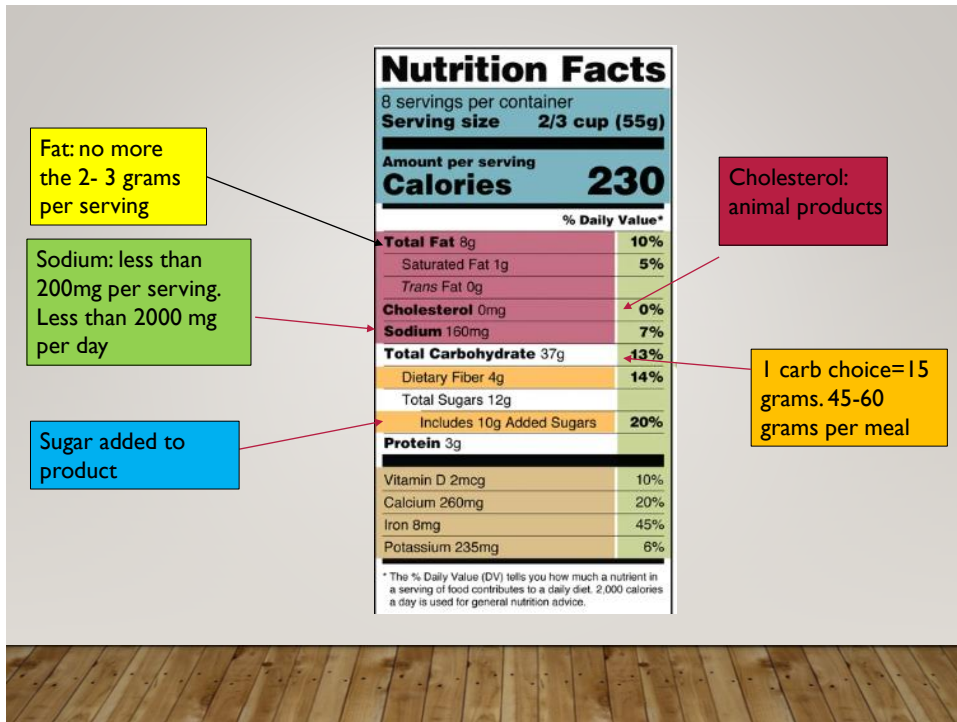


## AISLE BY AISLE TOP PICKS

- Produce: variety of in-season selections
- Bakery: whole-grain bread loaf
- Canned Food: canned (or dry) beans
- Grain: brown rice or quinoa
- Cereal: whole-grained pasta
- Dairy: large container low-fat Greek yogurt
- Proteins: Eggs and chicken breast
- Freezer: frozen veggies or fruits
- Bulk Bins: various nuts

## NAVIGATING THE GROCERY STORE



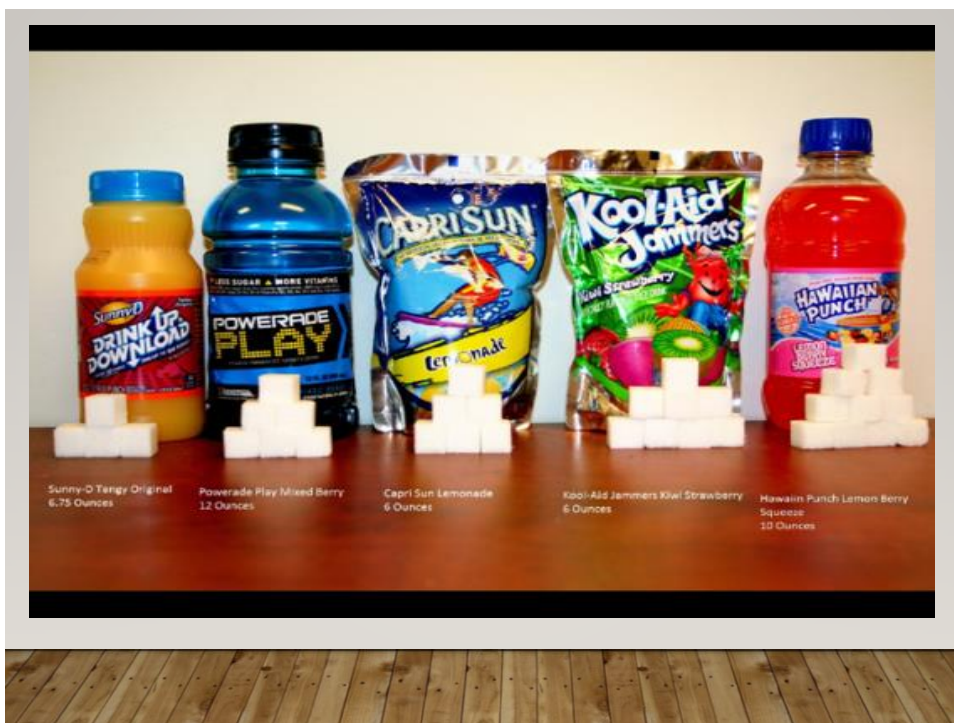


## TIPS AND TRICKS

- **Fat**
  - Total fat should be:
    - For every 100 calories no more than 3 grams fat
    - For every 200 calories no more than 6 grams fat
    - For every 300 calories no more than 9 grams fat
- **Sodium**
  - No more than 2x calories.

## NUTRIENT DENSE VS. CALORIE DENSE

- Sodas
  - Minimal “water” content
  - High concentration of sugar
  - Caffeine– interacts with psych meds or worsens acid reflux's (GERD)
- Juice
  - “sugar free”- no additional sugar is added. Still contains natural fruit sugar
  - “100% juice”
  - Limited to 6oz daily or less





## PORTION CONTROL

- Measure
  - Use measuring cups to assist in portion control
  - This prevents clients from over serving self
- Cups, bowls plates
  - Use correct serving size plate, bowls and cups
    - Purchase 8-inch plates
    - 6-8 oz bowls
    - 6-12 oz cups



## STANDARD MEASUREMENTS

- $\frac{1}{2}$  cup = 8 tablespoons = 24 teaspoons = 4 oz
- $\frac{3}{8}$  cup = 6 tablespoons = 18 teaspoons = 3 oz
- $\frac{1}{3}$  cup = 5  $\frac{1}{3}$  tablespoons = 2  $\frac{2}{3}$  oz
- $\frac{1}{4}$  cup = 4 tablespoons = 12 teaspoons = 2 oz
- $\frac{1}{8}$  cup = 2 tablespoons = 6 teaspoons = 1 oz
- 1 tablespoon = 3 teaspoons =  $\frac{1}{2}$  oz
- $\frac{1}{2}$  tablespoon = 1  $\frac{1}{2}$  teaspoon =  $\frac{1}{4}$  oz



3 oz meat



1 cup cherries



8 oz liquid

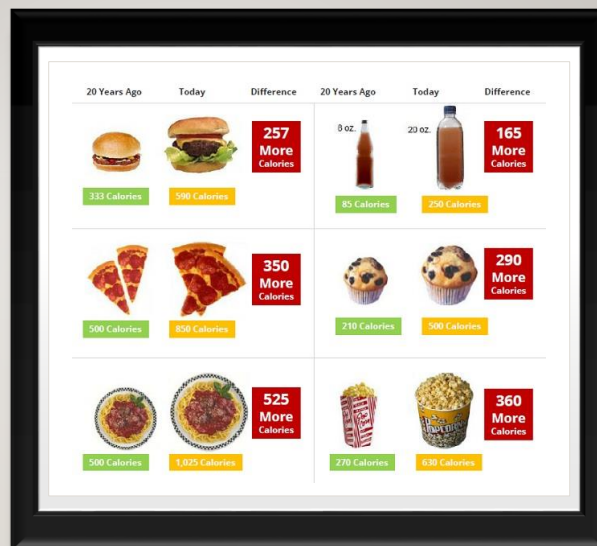


1 oz nuts





## PORTION DISTORTION





# HEALTHY COOKING METHODS

## Dry Heat:

Tender cuts of meat—high cooking temperatures used

Roasting

Stir-frying

Broiling

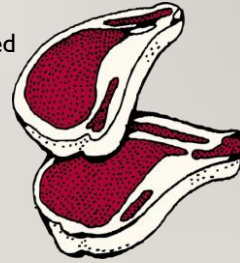
Grilling

## Moist Heat:

Less tender cuts of meat—low cooking temperatures used

Braising: brown meat and a small amount of liquid is added in covered pot—sauce/gravy made from cooking liquid

Cooking in liquid: simmering, stewing, poaching



## LEAN CUTS & COOKING METHODS

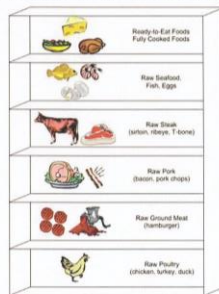
*Lean & Easy*

		DRY HEAT					MOIST HEAT			
		ROAST	BROIL	GRILL	PAN-BROIL	STIR-FRY	BRAISE	STEW	STEAM	PONCH
BEEF	Eye Round*						✓	✓		✓
	Top Round*						✓	✓		
	Round Tip*						✓	✓		
	Bottom Round*						✓	✓		
	Stefain	✓	✓	✓	✓	✓				
	Top Loin	✓	✓	✓	✓	✓				
PORK	Benderloin	✓	✓	✓	✓	✓				✓
	Ham	✓	✓	✓	✓	✓				
	Ground Round or Sides	✓	✓	✓	✓	✓				
	Benderloin	✓	✓	✓	✓	✓				
	Boneless Top Loin Roast	✓	✓	✓	✓	✓				
	Loin Chop	✓	✓	✓	✓	✓				
POULTRY	Lean Strip					✓				
	Boneless Sides Chop	✓	✓	✓	✓	✓				
	Boneless Rib Roast	✓	✓	✓	✓	✓				
	Rib Chop	✓	✓	✓	✓	✓				
	Benderloin Ham	✓	✓	✓	✓	✓				
	Whole Chicken	✓	✓	✓	✓	✓	✓	✓	✓	✓
FISH	Whole Turkey	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Cornish Game Hens	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Breast	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Drumstick	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Cod	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Flounder	✓	✓	✓	✓	✓	✓	✓	✓	✓
FISH	Halibut	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Orange Roughy	✓	✓	✓	✓	✓	✓	✓	✓	✓
FISH	Shrimp	✓	✓	✓	✓	✓	✓	✓	✓	✓



## Food Storage

### SAFE REFRIGERATOR STORAGE



Refrigerator must be 40 degrees or less.

Freezer should be less than Zero

Ready to eat foods should be stored above raw foods.  
-example: punch and milks should be above eggs and meat-potential for contamination.

Refrigerator and Freezer Storage Chart

	Refrigerator (40°F to 45°F)	Freezer (0°F to 10°F)
<b>Eggs</b>		
Fresh, in shell	4-5 weeks	Don't freeze
Hard-boiled	1 week	Don't freeze and
Egg substitutes, opened	3 days	Don't freeze
Unopened	10 days	Don't freeze
<b>Dairy Products</b>		
Milk	1 week	1 month
Cottage cheese	1 week	Don't freeze and
Yogurt	2 weeks	2 months
Commercial ice cream	2 months	Don't freeze
Unopened ultra-pasteurized		
<b>Vegetables</b>		
Broccoli, green or asparagus	3-4 days	3 months
Cauliflower	2 weeks	10-12 months
Corn	1-2 weeks	10-12 months
Lettuces, leaf	3-7 days	Don't freeze
Lettuces, iceberg	1-2 weeks	Don't freeze
Spinach	2-3 days	10-12 months
Squash, winter	2-3 days	10-12 months
Peas, frozen	4 months	10-12 months
Tomatoes	2-3 days	3 months
<b>Deli Foods</b>		
Cheeses, soft or hard	2-4 days	2-3 months
Salami, sliced or hot	3-5 days	Don't freeze
Salami		
<b>Hot dogs &amp; Lunch Meats</b>		
Hot dogs, unopened package	1 week	1-2 months in
Unopened package	2 weeks	freezer only
Lunch meats, opened	3-5 days	1-2 months
Lunch meats, unopened	2 months	1-2 months
<b>TV Dinners/Frozen Casseroles</b>		
Keep frozen until ready to serve		3-4 months

## 4 Steps to Food Safety

### #1. Clean: Wash Hands, Utensils, and Surfaces Often

Illness-causing germs can survive in many places around your kitchen, including your food, hands, utensils, and cutting boards.

#### Wash your hands the right way:

Use plain soap and water—skip the antibacterial soap—and scrub the backs of your hands, between your fingers, and under your nails for at least 20 .

Need a timer? Hum the “Happy Birthday” song from beginning to end twice.

Rinse hands, then dry with a clean towel.

Wash your hands often, especially during these key times when germs can spread:

- **Before, during, and after** preparing food
- **After** handling raw meat, poultry, seafood, or their juices, or uncooked eggs
- **Before** eating
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** touching an animal, animal feed, or animal waste
- **After** touching garbage
- **Before** and **after** caring for someone who is sick
- **Before** and **after** treating a cut or wound
- **After** blowing your nose, coughing, or sneezing



## #1. Clean: Wash Hands, Utensils, and Surfaces Often—con't

### Wash surfaces and utensils after each use:

Wash cutting boards, dishes, utensils, and countertops with hot, soapy water especially after they've held raw meat, poultry, seafood, or eggs.

Wash dish cloths often in the hot cycle of your washing machine.

Do NOT use sponges—they CANNOT be sanitized

### Wash fruits and vegetables, but not meat, poultry, or eggs:

Cut away any damaged or bruised areas, then rinse fruits and

vegetables under running water without soap, bleach, or commercial produce washes.

Scrub firm produce like melons or cucumbers with a clean produce brush.

Dry produce with a paper towel or clean cloth towel.

Don't wash meat, poultry, eggs or bagged produce marked "pre-washed".



## #2 Separate: Don't Cross Contaminate

### Use separate cutting boards and plates for produce, meat, poultry, seafood, and eggs:

- Use one cutting board for fresh produce or other foods that won't be cooked before they're eaten, and another for raw meat, poultry, or seafood. Replace them when
- Use separate plates and utensils for cooked and raw foods.
- Wash thoroughly all plates, utensils, and cutting boards that touched raw meat, poultry, seafood, or eggs before using them again. Use hot, soapy water.

### Keep certain types of food separate:

- In your shopping cart, separate raw meat, poultry, seafood, and eggs from other foods and place packages of raw meat, poultry, and seafood in plastic bags if available. meat, poultry, and seafood in separate bags from other foods.
- At home, place raw meat, poultry, and seafood in containers or sealed plastic bags. Freeze them if you're not planning to use them within a few days.
- In the fridge, keep eggs in their original carton and store them in the main compartment—not in the door.

### #3 Cook to the Right Temperature

Food is safely cooked when the internal temperature is high enough to kill germs that can make you sick:

- Use a food thermometer to be sure your food is safe. When you think your food is done, place the food thermometer in the thickest part of the food, making sure not to touch bone, fat, or the side of the pan.
- Refer to our Minimum Cooking Temperatures Chart to be sure your foods have reached safe temperature.

**Keep food hot (140° F or above) after cooking:**

If you're not serving food right after cooking, keep it out of the temperature danger zone by using a heat source like a chafing dish, warming tray, or slow cooker.

**Microwave food thoroughly (165° F or above):**

- Read package directions for cooking and follow them exactly to make sure food is thoroughly cooked.
- If the food label says, "Let stand for x minutes after cooking," follow the directions — letting microwaved food sit for a few minutes enables colder areas to absorb heat from hotter areas.
- Stir food in the middle of heating. Follow package directions for commercially prepared frozen food; some are not designed to be stirred while heating.



### #4 Chill: Refrigerate and Freeze Food Properly

**Refrigerate perishable foods within 2 hours:**

- Bacteria that cause food poisoning multiply quickest between 40° F and 90° F.
- Your refrigerator should be set to 40° F or below and your freezer to 0° F. Use an appliance thermometer to be sure.
- Never leave perishable foods out of refrigeration for more than 2 hours. If the temperature is above 90° F (like a hot car or summer), refrigerate it within 1 hour.
- Leftovers should be placed in shallow containers and refrigerated within 2 hours of cooking.
- Never thaw or marinate foods on the counter. The safest way to thaw meat, poultry, and seafood is in the refrigerator.
- Freezing does not destroy harmful germs, but it does keep food safe.
- Be sure you throw food out before harmful bacteria grow.



FoodSafety.gov

#### Safe Minimum Cooking Temperatures Charts

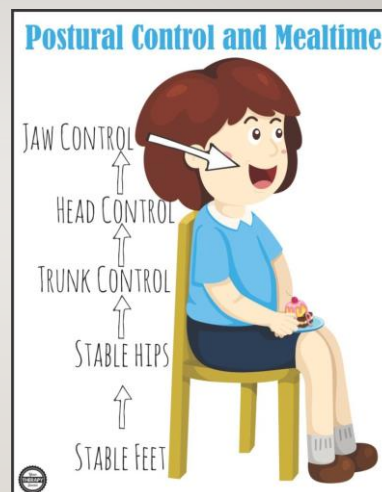
Food	Type	Internal Temperature (°F)
Ground meat and meat mixtures	Beef, pork, veal, lamb	160
	Turkey, chicken	165
Fresh beef, veal, lamb	Steaks, roasts, chops	145
	Rest time: 3 minutes	
Poultry	All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing)	165
Pork and ham	Fresh pork, including fresh ham	145
	Rest time: 3 minutes	
Eggs and egg dishes	Precooked ham (to reheat) Note: Reheat cooked hams packaged in USDA-inspected plants to 140°F	165
Eggs and egg dishes	Eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160
Leftovers and casseroles	Leftovers and casseroles	165
Seafood	Fish with fins	145 or cook until flesh is opaque and separates easily with a fork
	Shrimp, lobster, crab, and scallops	Cook until flesh is pearly or white, and opaque
	Clams, oysters, mussels	Cook until shells open during cooking

Date Last Reviewed April 12, 2019



## SAFE EATING PRACTICES: DO'S

- Do's:
- Sit in chair with hips and knees at 90-degree angles.
- If feet do not touch the floor—use stool to stabilize lower trunk.
- If transferring out of wheelchair to sit at table—make sure trunk of body is stable—may need pillows to stabilize.
- If in wheelchair—position chair with head upright to facilitate swallowing and let gravity help with food flowing into esophagus.





## SAFE EATING PRACTICES: DON'TS

- Don'ts:
- Don't sit on sofa or in a recliner. If assistance would be needed—very difficult for person to perform Heimlich maneuver. Could waste valuable time in clearing the airway.
- Don't use soup spoons when teaspoons are needed. Soup spoons foster larger bites of food and overfilling mouth. Soup spoons are for SOUP!
- Limit laughing during the meal as not to aspirate food and or liquids.
- Minimize distractions during the meal—turn off TV, limit use of phone/tablets during meals. Music on low volume can be NICE!



## DISHWASHING--MECHANICAL

- **How to Use and Load the Dishwasher the Right Way**
- Inspect the inside of the dishwasher—making sure there is NO food debris in the base of the dishwasher. If there is food debris—remove. Cannot clean dishes with food in base of dishwasher.
- Check the filter—remove and clean once a month to ensure dishwasher drains properly and filter is not clogged.
- Pre-rinse dishes in sink before loading in dishwasher.
- Use HIGH TEMPERATURE and DRYING CYCLE setting on the dishwasher—all dishes should be put away DRY—**NOT WET.**



## DISHWASHING--MECHANICAL

### Top Rack

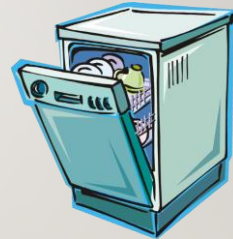
Plastics, cups and small bowls go on top rack.

### Bottom Rack:

Plates, bowls, serving dishes, pots, pan and casseroles go on bottom rack

Utensils and silverware go in the flatware basket— making sure spoons are not “nesting”.

Handles of flatware should be up—so when unloading, the eating surfaces are not touched by hands.



## DISHWASHING--MECHANICAL

### Dish Detergent—liquid/gel/tablets/packs and Drying Agent

Use the amount recommended on the package. DO NOT USE MORE THAN RECOMMENDED--measure. Excessive detergent causes “etching” of dishes/glasses.

Use a drying agent—will reduce drying time and spots on dishes.

Use HIGH TEMPERATURE and DRYING CYCLE setting on the dishwasher—all dishes should be put away DRY—**NOT WET**.



## DISHWASHING--MANUAL

When the automatic dishwasher is non-functional, not available or an item is too large for the dishwasher, follow the outlined procedure below.

### EQUIPMENT NEEDED

- \* double kitchen sink
- \* 1 large tub - capacity to hold 1 to 2 gallons of water
- \* dish soap
- \* hot water - not scalding
- \* thermometer—to measure temperature of water
- \* timer—to measure time items are in rinse water
- \* household bleach—6% sodium hypochlorite (bleach)—see bleach bottle for % on label
- \* teaspoon measuring spoon
- \* measuring cup
- \* clean towels



## DISHWASHING--MANUAL

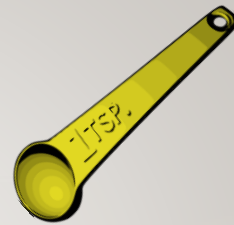
### PROCEDURE:

1. Clean sinks and tub before beginning
2. Fill wash sink with hot water and dish soap. If solution becomes cold or soiled, drain and refill.
3. Fill other sink with hot water. If water becomes cold and/or soiled, drain and refill.
4. In the tub--MEASURE amount of hot water needed to fill tub 1/2 to 3/4 full. Add MEASURED amount of household bleach according to the following table:

Example: 2 gallons water and 1 teaspoon household bleach--6% sodium hypochlorite (bleach)

1 gallon water and 1/2 teaspoon household bleach--6% sodium hypochlorite (bleach)

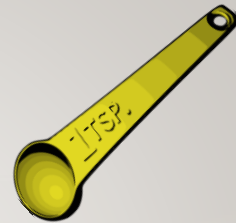
This is a 50 parts per million bleach concentration—using 6% sodium hypochlorite (bleach)



## DISHWASHING--MANUAL

### OPERATION:

1. Scrape food off items to be washed.
2. Wash silverware first, followed by cups, plates and proceed through remainder of items.
3. Rinse items by submerging in rinse sink.
4. Remove items and completely submerge in tub with sanitizing solution for a minimum of 60 seconds (1 minute).
5. Remove items from sanitizing solution and place on clean dry towel. **Allow to air dry on countertop. DO NOT TOWEL DRY.** May place clean towel over dishes as they dry.
6. When dry, place items in storage areas.
7. Drain and clean sinks and tub.



## IF SOMEONE IS ILL

- Use disposable plates, cups, bowls and silverware if someone is ill. Use once and discard.
- If the person requires adaptive self-help devices—use and wash in automatic dishwasher or follow the Manual Dishwashing Procedure.





Thank you!

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