

Food Safety for the Homeless: Resources and Issues

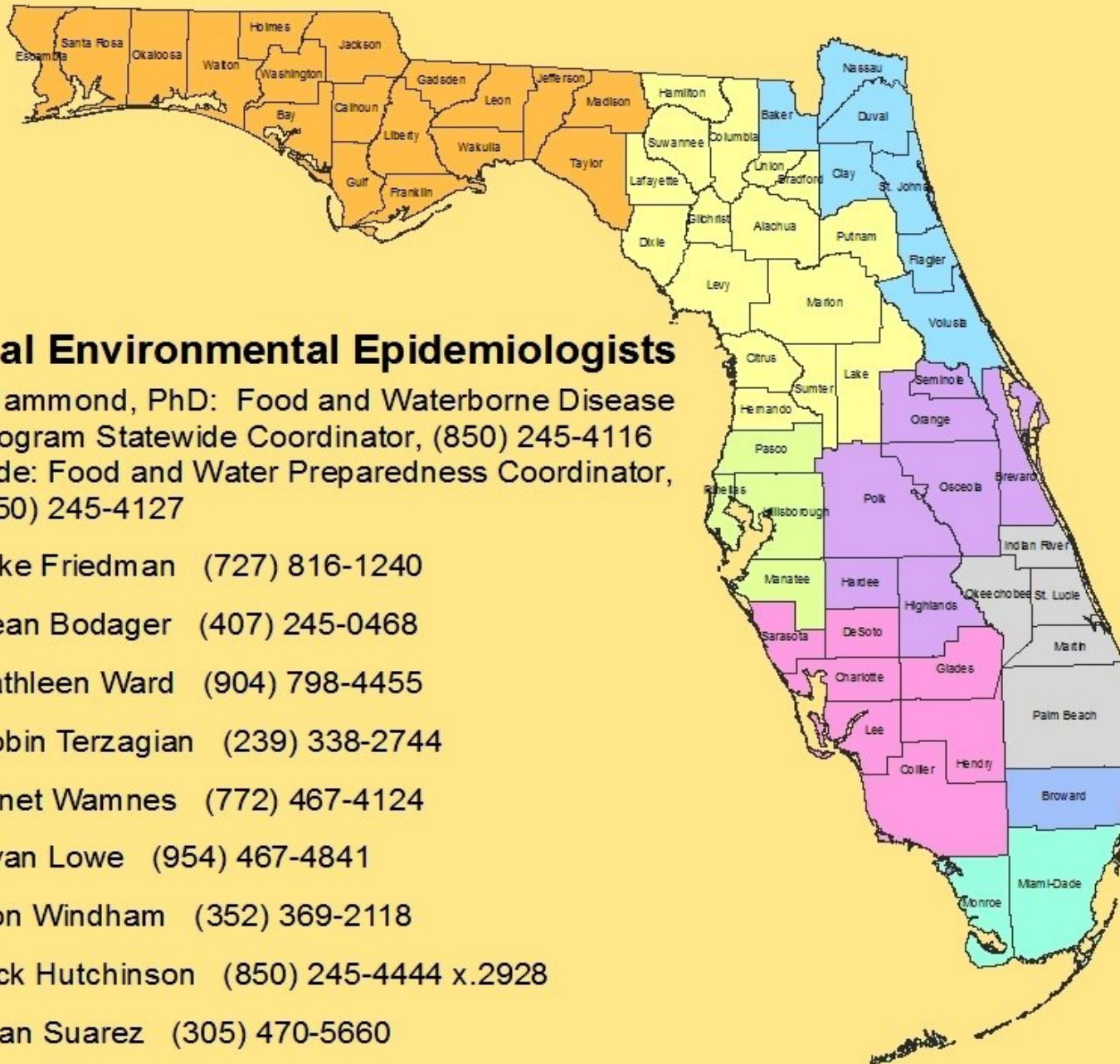
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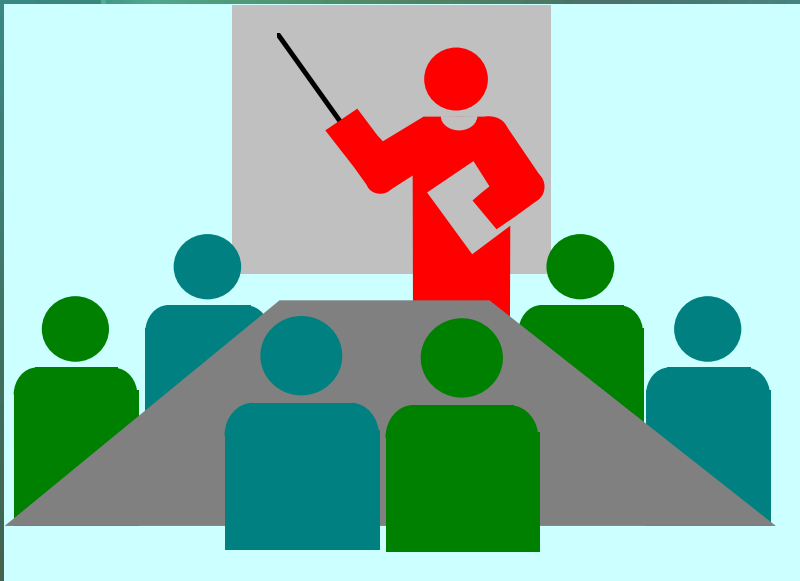
From 1994-2005

In 12 years:

3,228 food and waterborne disease outbreaks affecting 25,689 people have been investigated by the Department of Health



Regional Food and Waterborne Disease Functions



- ✓ Provide investigation assistance on request of county health departments
- ✓ Training: develop and provide training to county health departments as needed
- ✓ Surveillance

67 County Health Departments
**Environmental Health +
Nursing + Epidemiology**

**9 Regional Environmental
Epidemiologists**

**Epi Teams
Working
Together**

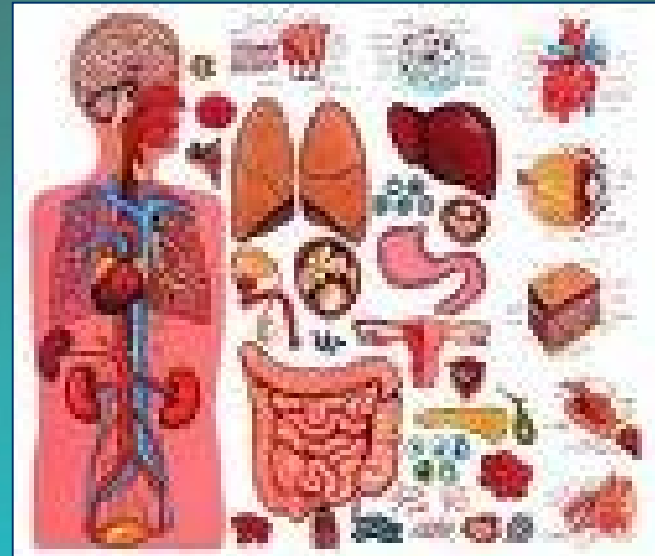
1 Statewide Coordinator

People who are homeless frequently report health problems:

- **38% report alcohol use problems**
- **26% report other drug use problems**
- **39% report some form of mental health problems (20-25% meet criteria for serious mental illness)**
- **66% report either substance use and/or mental health problems**
- **3% report having HIV/AIDS**
- **26% report acute health problems other than HIV/AIDS such as tuberculosis, pneumonia, or sexually transmitted diseases**
- **46% report chronic health conditions such as high blood pressure, diabetes, or cancer**

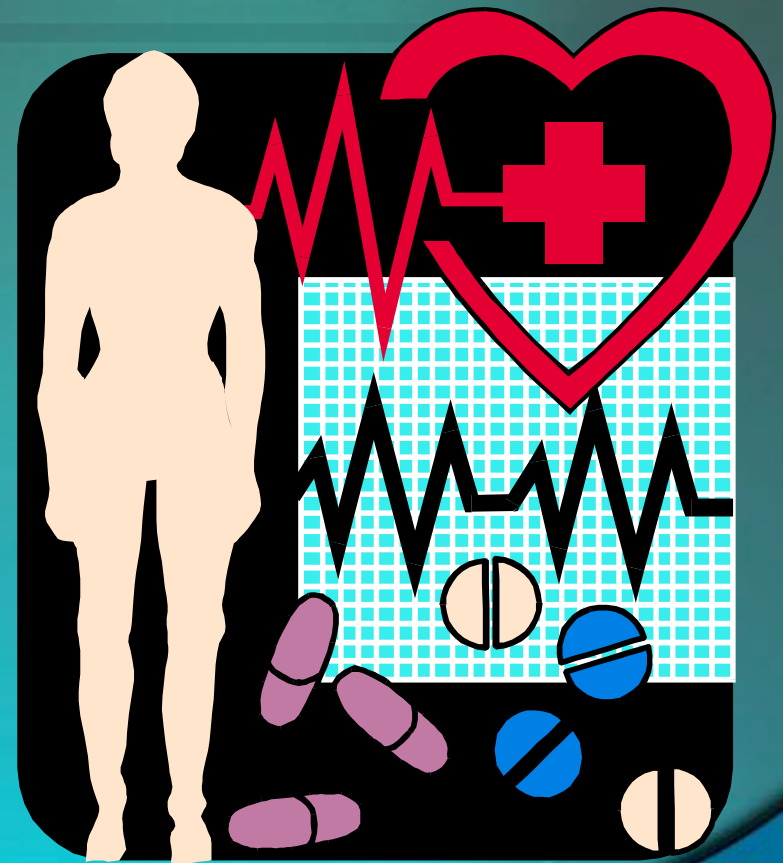
People at High Risk for Illness

- **Very young**
- **Very old**
- **Immune compromised**
- **Underlying chronic illnesses**



Host Factors That Influence Foodborne Illness

- ✓ Genetic structure
- ✓ Immunological attributes
- ✓ Nutrition
- ✓ Gender
- ✓ Age
- ✓ Family
- ✓ Ethnicity
- ✓ Occupation
- ✓ Social activities



Legal Issues: The Bill Emerson Good Samaritan Food Donation Act

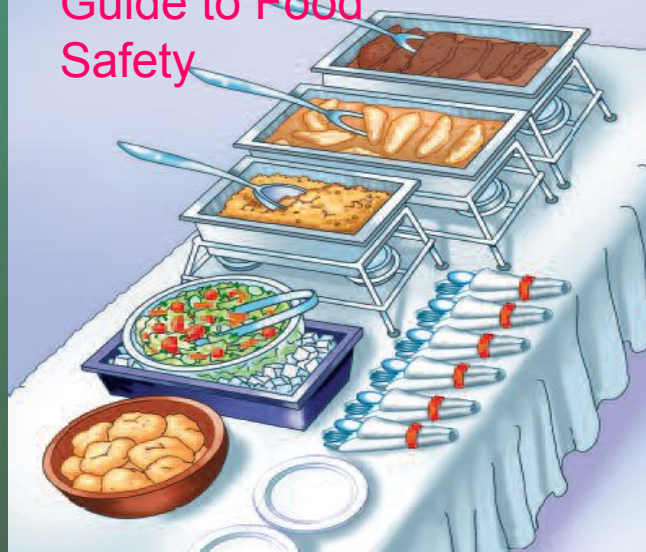
- ✓ It protects donors from liability when donating to a non-profit organization.
- ✓ It protects donors from civil and criminal liability should the product donated in good faith later cause harm to the needy recipient.
- ✓ It standardizes donor liability exposure. Donors and their legal counsel no longer have to investigate liability laws in 50 states.
- ✓ It sets a liability floor of "gross negligence" or intentional misconduct for persons who donate grocery products. (See [Act text](#) for further definitions.)
- ✓ Congress recognized that the provision of food close to recommended date of sale is, in and of itself, not grounds for finding gross negligence. For example, cereal can be donated if it is marked close to code date for retail sale.

Comprehensive Guidelines for Food Recovery Programs

- **Food Recovery Committee – 2000 Conference of Food Protection**
- **An excellent resource**
- **Appendix A: Assessment of Food on Receipt**
 - Food products
 - Packaging
 - Storage
 - Unacceptable conditions

Cooking for Groups: A Volunteer's Guide to Food Safety

Cooking for
Groups:
A Volunteer's
Guide to Food
Safety



- Planning
- Shopping
- Storing
- Cooking
- Chilling
- Transporting
- Reheating

The Basics

1. Clean
2. Cook
3. Chill
4. Separate

Clean: Wash hands and surfaces often



- Wash hands in hot, soapy water before preparing food, and after using the bathroom, changing diapers or handling pets
- Wash cutting boards, knives, utensils, and counter tops in hot, soapy water after preparing each food item and before preparing the next one
- Use plastic or non-porous cutting boards and wash in hot, soapy water

Cook to Proper Temperatures

- **Use a meat thermometer**
 - Roasts and steaks, pork: 145° F.
 - Rare roast beef: 130 ° F.
 - Whole poultry: 165 ° F.
 - Ground meat: 155 ° F.
- **Eggs: yolk and white firm, not runny**
- **Fish: opaque, flakes easily with fork**
- **Microwave cooking:** insure no cold spots, through covering, rotating and stirring food
- **Reheating**
 - Bring to boil soups, sauces and gravy
 - Other leftovers: 165 ° F.



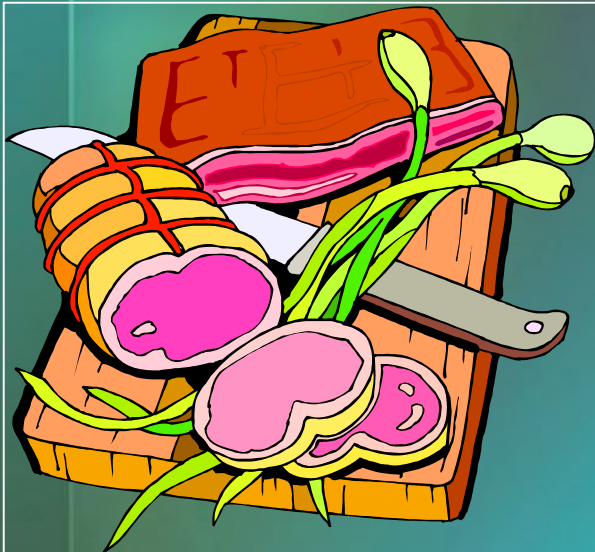
Chill: Refrigerate Promptly



- Refrigerate within 2 hours
- Defrost using the refrigerator, running water or microwave, **NEVER** on the counter
- Divide large amounts of leftovers into smaller, shallow containers for quick cooling
- Remove stuffing and refrigerate in a separate container
- Don't pack the refrigerator. Cool air must circulate to keep food safe

Separate: Don't Cross Contaminate

- Separate raw meat, poultry and seafood from other food in shopping cart
- Store raw meat, poultry and seafood on the bottom of refrigerator so juices don't leak onto other foods
- Use one cutting board for raw meats and seafood
- Always wash cutting boards, knives and other utensils with hot soapy water after they come in contact with raw meat, poultry and seafood.
- Never place cooked food on a plate which previously held raw meat, poultry or seafood.



Defrosting Turkey and Other Foods

- The safest thawing method is in the refrigerator at 40° F.
- Plan ahead: a 16-20 lb. turkey can take
 - 4-5 days to thaw in the refrigerator
 - 8-10 hours to thaw in cold, running water
- **NEVER** thaw a turkey or any other food by leaving it on the counter

Leftovers

- Put leftovers away within 2 hours
- DO NOT leave turkey, stuffing and other foods on the table all day long so people can nibble
- Store large quantities in smaller, shallow containers to ensure rapid cooling
- Reheat leftovers to proper temperatures

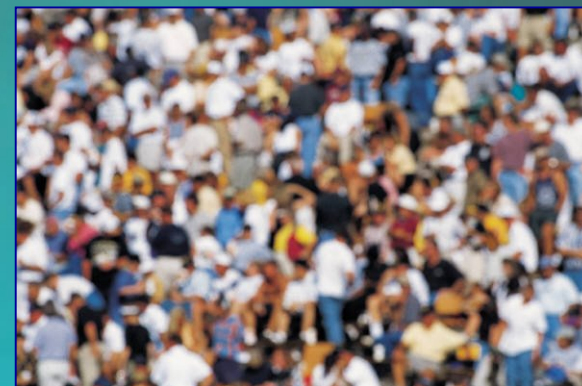
Other Raw Animal Proteins: Eggs

- Don't taste batter, filling, or raw cookie dough if it contains raw, unpasteurized eggs.
- People in at-risk groups should avoid eating foods that may contain raw or lightly-cooked eggs, such as:
 - Caesar salad
 - Cookie dough
 - Eggnog and other egg-fortified beverages that are not thoroughly cooked
 - Homemade dressings -
 - Béarnaise
 - Hollandaise
 - Mayonnaise
 - Homemade ice cream
 - Mousse
 - Meringue
- You can use commercially-prepared forms of the foods listed above. They're often already cooked or pasteurized. Pasteurized eggs may be found in the refrigerator section of your local supermarket and labeled "pasteurized."



Cooking for Large Groups

- Follow the basic 4 food safety steps: clean, cook, chill, separate
- Plan ahead - you may need:
 - More time
 - Help
 - Additional cooking space
 - Additional refrigerator space
- Buffets
 - Keep cold food cold, hot food hot
 - Use clean containers and utensils for serving
 - Store leftovers promptly



References/Resources

- National Resource and Training Center on Homelessness and Mental Illness:

http://www.nrchmi.samhsa.gov/facts/facts_question_2.asp

- Fact sheets for at risk and underserved populations:

http://www.fsis.usda.gov/Fact_Sheets/At_Risk_&_Underserved_Fact_Sheets/index.asp

- Comprehensive Guidelines for Food Recovery Programs:

<http://www.foodprotect.org/pdf/foodRecovery.pdf>

- Cooking for Groups: A Volunteer's Guide to Food Safety:

http://www.fsis.usda.gov/PDF/Cooking_for_Groups.pdf

- Call your local county health department if you have food safety questions
- We would be happy to provide training at a local level, to local community groups, depending on schedule and availability (call Roberta Hammond)

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