



FOOD SAFETY TIPS FOR SENIORS

FOOD SAFETY TIPS FOR SENIORS

By Annette Payne, Registered Dietitian

Older adults are more vulnerable to food poisoning because immune systems are weaker, kidneys may struggle to filter bacteria from the blood, and decreased stomach acid production, which helps to control bacteria. The sense of taste or smell can diminish so older adults may not recognize when food is spoiled. Food poisoning can become serious enough to require hospitalization. Follow these tips to stay food safe:

- Wash hands and surfaces often.
- If you normally wear glasses to help you see, also wear them when handling food.
- Use a marker to label perishable food and leftovers with a use-by date that's easy to read – don't rely on memory. In general, leftovers can be stored in the refrigerator for 3 to 4 days or frozen for later use.
- Refrigerate leftovers right away. Don't allow perishable food to sit on the counter for more than 2 hours.
- Reheat leftovers to 165°F or bubbling hot before eating.
- Don't rely on sight, smell or taste to determine if food is safe to eat. Always use a food thermometer to check the doneness of cooked foods such as meats, poultry, egg dishes and leftovers

MOWCC UPDATES/REMINDERS

Meals on Wheels will be closed on July 4th
Please eat your shelf stable meal that was previously sent.
(It was packaged with the Juneteenth Holiday Meal).

- **Minnie's Food Pantry**
- 972-596-0253
- 661 18th St
- 8:30am-11:30am Wed-Sat

- **Salvation Army Plano**
- 972-423-8254
- 3528 14th St
- 10am-2pm Monday, Wednesday, Friday

- **Community Food Pantry**
- 972-547-4404
- 307 Smith St
- 11am - 4pm Mon-Fri
- 11am - 7 pm Wednesday

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- **Amazing Grace Food Pantry**
 - 972-292-7241
 - 1700 Parker Rd
 - 10am-2pm Tuesday
 - 10am-8pm Thursday
 - 8am-12pm Sunday

- **God's Pantry**
- 972-633-9777
- 1896 K Ave #200
- 10am-1pm Tues, Thurs, Sat

- **Allen Community Outreach**
- 972-727-9131
- 801 E. Main Street Allen
- Tues., Thurs., Sat. - call for hours

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- **Community Life Line Center**
 - 972-542-0020
 - 1601 N Waddill St. STE #102
 - 10am-3pm Tues-Fri

- **Seven Loaves Food Pantry**
- 469-385-1813
- 1401 Mira Vista Blvd
- 3:30pm Thursday
- 8:30am Saturday

- **Community Garden Kitchen**
- 501 Howard Street
- 6:00 pm – 8:00 pm Mon-Thurs
- Serves full meals at no cost, open to anyone

If A/C repairs, fans, yard work or extra assistance is needed, please contact your social worker. Lauren Thompson (469-731-4866)

If you feel abused, neglected or exploited, call 1-800-252-5400

Menu

Created by our
Licensed Dietitian

July

2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 BBQ Beef Meatballs Roasted Sweet Potatoes Cream Corn, Granola Bar 2% Milk Quart Calories: 736 Carbs: 95g Fat: 25g Protein: 36g Sodium: 847mg</p>	<p>4 Happy 4th of July!!! Meals on Wheels is closed. Please eat the meal that was previously sent.</p>	<p>5 Cod Fish Sticks Mashed Sweet Potatoes Okra & Tomatoes Tartar Sauce, Fresh Orange Calories: 670 Carbs: 88g Fat: 26g Protein: 23g Sodium: 879mg</p>	<p>6 Chicken Cacciatore Herbed Rice Peas & Carrots Oatmeal Raisin Cookie Calories: 616 Carbs: 79g Fat: 15g Protein: 43 Sodium: 503mg</p>	<p>7 Taco Casserole Veggie Brown Rice Chuckwagon Corn Pudding Cup Calories: 635 Carbs: 85g Fat: 21g Protein: 28g Sodium: 416mg</p>
<p>10 Chicken Tenders Mashed Potatoes Corn, Honey Mustard SF Jell-O, Graham Crackers, 2% Milk Quart Calories: 731 Carbs: 89g Fat: 29g Protein: 31g Sodium: 891mg</p>	<p>11 Cheeseburger Macaroni Peas & Pearl Onions Capri Vegetables Fig bar Calories: 757 Carbs: 91g Fat: 29g Protein: 33g Sodium: 590mg</p>	<p>12 Pulled Chicken BBQ Sandwich, Mixed Veggies Tater Tots, Hamburger Bun Pear Cup Calories: 678 Carbs: 94g Fat: 15g Protein: 43g Sodium: 1040mg</p>	<p>13 Tuna Salad w/tomato slice Corn Salad Cottage Cheese & Peaches Crackers Calories: 661 Carbs: 54g Fat: 31g Protein: 42g Sodium: 949mg</p>	<p>14 Teriyaki Diced Chicken Brown Rice Carrots Yogurt Calories: 716 Carbs: 98g Fat: 14g Protein: 47g Sodium: 731mg</p>
<p>17 Beef Burrito w/ Queso Rice, Rancho Fiesta Veggies Oreo Cookie 2% Milk Quart Calories: 703 Carbs: 90g Fat: 24g Protein: 30g Sodium: 956mg</p>	<p>18 BBQ Chicken Bake Succotash Fried Okra Pear cup, Sour Cream Calories: 699 Carbs: 78g Fat: 25g Protein: 42g Sodium: 694mg</p>	<p>19 Chicken Fried Steak w/ Pepper Gravy Winter Blend Vegetables Warm Cinnamon Peaches SF Pudding Cup Calories: 635 Carbs: 88g Fat: 18g Protein: 34g Sodium: 862mg</p>	<p>20 Chicken Fajitas w/onions & peppers Veggie Brown Rice Seasoned Black Beans Applesauce Cup Calories: 676 Carbs: 98g Fat: 11g Protein: 47g Sodium: 531mg</p>	<p>21 Zesty Orange Boneless Chicken Wings Roasted Herb Potatoes Broccoli w/Cheese Sauce Sugar Free Cookie Calories: 627 Carbs: 57g Fat: 27g Protein: 38g Sodium: 703mg</p>
<p>24 Vegetable Lasagna Capri Vegetables, Italian Stewed Tomatoes, Oatmeal Cream Pie, 2% Milk Quart Calories: 623 Carbs: 87g Fat: 19g Protein: 26g Sodium: 1059mg</p>	<p>25 Greek Chicken Mixed Vegetables White Beans w/ Rosemary Graham Crackers, Apple Calories: 675 Carbs: 88g Fat: 15g Protein: 46g Sodium: 444mg</p>	<p>26 Chicken Enchiladas Black Beans Chuckwagon Corn Yogurt Calories: 831 Carbs: 109g Fat: 25g Protein: 47g Sodium: 791mg</p>	<p>27 Egg Salad w/Turkey Ham 3 Bean Salad Spiced Peaches Crackers, Pudding Calories: 609 Carbs: 68g Fat: 26g Protein: 26g Sodium: 946mg</p>	<p>28 BBQ Chicken Breast Baked Beans Carrots, Graham Crackers Pear Cup Calories: 639 Carbs: 96g Fat: 11g Protein: 44g Sodium: 1064mg</p>
<p>31 Hawaiian Turkey Meatballs over rice, Oriental Veg, Baby Carrots, Strawberry Raisins 2% Milk Quart Calories: 609 Carbs: 96g Fat: 10g Protein: 32g Sodium: 732mg</p>				<p>SF: indicates a sugar-free item when available.</p>

Notes:

TO CANCEL A MEAL:
Call by 2PM the day before.
972-562-6996

EMERGENCY MEAL BOXES

Save these shelf stable meals. **DO NOT EAT** unless instructed to do so.

MILK QUARTS

Will be delivered once a week. Nutrition facts provided include a serving of milk with the meal.

MENU CHANGES

Menu items may change due to availability and food industry shortages.

NUTRITION

Our nourishing meals provide target nutrients for optimal health. All meals provide a minimum of 1/3 of the daily nutritional needs for older adults. No salt is added during cooking and salt-free products are used as much as possible.