

OUTDATED PRODUCTS

Outdated food should never be eaten. The handling and storage of food products may not be safe. This affects their shelf life. The shelf life is chosen to make sure that foods have all the nutrients listed on their label.

The day after a food is outdated its nutrients start to decrease. Food products, especially liquids, are also limited by physical stability. Food products may change color and "break up". Food companies recommend that all outdated products be thrown away.

INFORMATION SOURCES

- ◆ US Department of Agriculture - Food Safety and Inspection Service.
URL: www.fsis.usda.gov
- ◆ Centers for Disease Control & Prevention, Food Safety Office.
URL: www.cdc.gov/foodsafety
- ◆ Abdale F, Kraak V. Community- Based Nutrition Support for People Living with HIV and AIDS. A Technical Assistance Manual. God's Love We Deliver, Inc;1995.

H I V R e S o u r c e s , I n c .

PO Box 39385
Fort Lauderdale, FL
33339-9385

Subscriptions@hivresources.com URL: www.hivresources.com
© Copyright 2002 Revised 2005



Food and water safety is important for everyone, especially for people with HIV. Food and water can carry germs such as Salmonella, Campylobacter, Listeria and Cryptosporidium. These germs can cause serious infections. Diarrhea, muscle and stomach pain, vomiting, fever, headache, meningitis, or encephalitis are common.

The tips in this pamphlet can help people to avoid food or water-borne illness.

Basic Tips

- ◆ Read food labels carefully and check the food's "sell by" date.
- ◆ Eat or drink only pasteurized dairy products.
- ◆ Handle and prepare food safely. Wrap and cover foods.
- ◆ Avoid the danger zone: 40-140 degrees Fahrenheit. Keep hot foods hot and cold foods cold. When in doubt, throw it out!

FOOD SAFETY TIPS

Wash

- hands often with soapy warm water after handling raw meat, poultry or seafood or doing a non-food task such as talking on the phone or touching your face.
- raw fruits and vegetables.
- countertops, cutting boards, and cooking utensils with soapy, warm bleach water after food preparation.

Cook

- meat and poultry until there is no pink in the middle.
- fish until it is flaky and opaque, not rubbery.
- eggs until the yolk and white are solid.

Do not

- eat raw seafood such as fish, shellfish such as clams, sushi, or sashimi.
- let uncooked meat, poultry, or fish touch other food.
- eat foods with raw eggs, such as hollandaise sauce or Caesar salad dressing.

Refrigerate

- cold and frozen foods as soon as possible after food shopping.
- meat, poultry, or fish until you are ready to cook it.
- ◆ Drink bottled water, boil your water for 1 minute, or filter your water.

EXPIRATION DATE TIPS

Items listed below have their own **safety time frame**. They may be eaten after the “sell by” date **if** they have been stored safely.



- ☞ *Dairy foods*: Up to **three days**
- ☞ *Refrigerated juices*: Up to **seven days**
- ☞ *Juice that does not need refrigeration*: Up to **one year**
- ☞ *Bread items*: Up to **ten days**
- ☞ *Frozen food*: Up to **three months**
- ☞ *Crackers, cereals, and cookies*: Up to **six months**
- ☞ *Canned food*: Up to **one year**
- ☞ *Pasta and rice*: Up to **two years**

Never eat these foods after the “sell by” date

- Protein products (meat, poultry, fish, eggs, etc.)
- Pastry items with dairy foods (eggs, pudding, custard, cream, etc.)
- Dry milk powder
- Prepared salads and dips
- Frozen foods that have thawed

Never accept

- Cans with leaks, dents, pinholes, bulges, incomplete seams, missing labels, rust or dirt
- Boxes with tears, punctures, holes, torn inner bags, incomplete labels, stains or contaminants
- Jars with loose caps, bulging seals, cracks, chips, incomplete labels, unusual product separation, mold, or dirt