

OUTDATED PRODUCTS

Outdated products should not be accepted under any conditions. The handling and storage of food products may have a detrimental effect on their shelf life. The shelf life is chosen to assure that products contain all the nutrients listed on the label.

The day after a product is outdated the potency of vitamins in the product gradually decreases. The shelf life of a product is also limited by physical stability, especially in liquid supplements. Colors may darken and the product "breaks up". No company recommends the distribution of outdated products.

INFORMATION SOURCES

- US Department of Agriculture - Food Safety and Inspection Service. WWW: <http://www.fsis.usda.gov/index.htm>
- Safe Food And Water. Centers for Disease Control & Prevention, National Center for HIV, STD, and TB Prevention, Divisions of HIV/AIDS Prevention; February 1999. WWW: <http://www.cdc.gov/hiv/pubs/brochure.htm>
- 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.

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FOOD SAFETY AND YOU



Food and water safety issues are important for everyone, especially people living with HIV. Food and water can carry germs such as Salmonella, Campylobacter, Listeria and Cryptosporidium that can cause serious infections. These germs can cause diarrhea, upset stomach, vomiting, stomach cramps, fever, headache, muscle pain, bloodstream infection, meningitis, or encephalitis.

Learning about food safety can help you to avoid food or water-borne illness. Follow these tips to protect yourself from infections.

Basic Tips

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

FOOD SAFETY TIPS

Wash

□ your hands often with warm water and soap, especially after handling raw meat, poultry, or seafood or performing a non-food task such as answering the phone or touching your face.

- raw fruits and vegetables and remove the peel before eating, as necessary.
- ◆ Clean and disinfect countertops, cutting boards, and cooking utensils after they come in contact with raw meat, poultry, or seafood.

Cook

□ all meat and poultry until they are no longer pink in the middle.

- fish until it is flaky and opaque, not rubbery.
- eggs until the yolk and white are solid.
- ◆ Drink bottled water, heat your water at a rolling boil for 1 minute, or filter your water.

Do not

□ eat raw seafood such as fish, oysters, clams, mussels, 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.

EXPIRATION DATE GUIDELINES

Each item listed below has its own **safety time frame**. These items may be consumed after the “sell by” date **if** they have been stored safely:



Dairy products: Up to **three days**

Refrigerated juices: Up to **seven days**

Juice that does not require 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 consume these products after the “sell by” date:

- Protein products (meat, poultry, fish, eggs, etc.)
- Pastry items with dairy products (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