



Nutrition Education

Food Safety Tips

When cooking and handling food there are many steps we can take to prevent food borne illnesses. Here are a few basic steps for safe cooking and for general food safety:



Did You Know?

Generally, leftovers can be kept in the refrigerator for 3 to 4 days or frozen for 3 to 4 months.

Don't taste food that looks or smells questionable. A good rule to follow is, when in doubt, throw it out.

CLEAN: The first rule of food preparation!

Wash your hands and surfaces often.

Clean and sanitize food equipment and surfaces that will be in contact with food after each use.

Always wash fruits and vegetables thoroughly before eating or cooking.

SEPARATE: Don't give bacteria a chance to spread!

Separate foods to avoid cross contamination.

When storing or preparing foods, separate raw meats and seafood from ready to eat foods.

In addition, each type of food should have separate equipment. For example, one set of cutting boards and utensils for foods that will be cooked and another set for those that will not, such as raw produce.

COOK: Kill harmful bacteria!

Use a food thermometer to ensure foods meet proper internal temperatures and are cooked thoroughly.

CHILL: Refrigerate food quickly!

Food should be held and stored at correct temperatures.

Always refrigerate perishable food promptly, within 2 hours (or 1 hour when the temperature is above 90°F).

The refrigerator temperature should be 40°F or below and the freezer at 0°F or below.





Information obtained from:
ServSafe Manager Book &
USDA.gov & FDA.gov

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September 2023

SEPTEMBER 2023

Mon	Tue	Wed	Thu	Fri
1% Milk served each meal <i>Menu subject to change without notice.</i>	KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat  = Vegetarian Day	Meal Options Meet & Eat: Dine at site Grab & Connect: To-go with participation in Zoom activity Take-Away: To-go with no social activity		1 Garlic Rosemary Lemon Chicken Rosemary Red Potatoes Carrots* WW Roll, Fruit+
HOLIDAY 4 	5 Turkey Burger on WW Bun with Lettuce, Pickle, Tomato, & Onion Corn Salad Fruit+ <i>Dessert (Meet & Eat only)</i>	6 Apricot Glazed Chicken Vegetable Blend+* Spinach Medley Salad* Rice Pilaf Fruit	7  Chef Entrée Salad+* Garlic Bread Fruit 	8 Tuna Salad Sandwich on WW Bread with Lettuce, Tomato, & Onion Hearty Vegetable Soup+* Fruit
11 Lemon-Caper Cod Tomato Florentine Soup* Green Beans Brown Rice Fruit+ 	12 Southwestern Chicken Salad+* Lentil and Bean Soup+ Chips Fruit	13  Vegetable Stir Fry+* House Salad* Brown Rice Fruit 	14 Turkey Cranberry Sandwich on WW Bread with Lettuce, Tomato & Onion Broccoli Raisin Salad+ Fruit	15 Salisbury Steak w/Mushrooms & Onions Mashed Potatoes Peas & Carrots* WW Roll, Fruit+
18 Egg Salad Sandwich on WW Bread with Lettuce, Tomato & Onion Chef's Choice Veg Soup Fruit+	19  Lentil Vegetable Curry+* Roasted Broccoli+ Brown Rice Fruit 	20 Turkey Chili Tossed Vegetable Salad* Cornbread Fruit+	21 Southwestern Baked Cod SW Side Salad Carrots* Rice Pilaf Fruit+	22 Chicken Gumbo w/Okra Red Beans Brown Rice Fruit+
25 Ginger Beef Bowl Carrots* Brown Rice Fruit+ 	26 Sweet & Sour Pork Broccoli + Asian blend veggies Brown Rice Fruit	27 Baked Cod with Melted Leeks Sauce* Roasted Cauliflower+ Brussel Sprouts + Rice Pilaf Fruit	28 Chicken Salad w/Raisins over Romaine, Tomato & Cucumber Lemony Mushroom and Orzo Soup WW Crackers, Fruit+	29  Pasta w/Marinara Sauce* House Salad* Garlic Bread Fruit+ 

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Subaru Share the Love, StopWaste, Cities of Hayward, San Leandro & Union City, Eden Health District, and Rotary Clubs of Niles Fremont, Hayward, and Castro Valley.

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