

Food Safety 101 for Older Adults

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**ADVANCING
FOOD SAFETY**

THROUGH BEHAVIOR CHANGE

Food Safety 101 for Older Adults

Overview

- Encourage seniors and caregivers to follow safe food handling practices by providing hour-long presentation and food safety tools
- Partner with the National Council on Aging (NCOA)
- Pilot implementation in Summer 2016 at nine senior centers

Benefits to Participants and NCOA

- Safe food handling for older adults and caregivers
- Free training program for centers to implement
- NCOA administered post-training survey
- Food thermometers and publications

Presentation Content

Older Adults At-Risk Information

- Summer Food Safety
- Power Outages
- Grilling Like a PRO
- Clean, Separate, Cook, and Chill
- Foods to Avoid
- Product Dating
- FSIS Services (FoodKeeper, MP Hotline)
- Pop Quiz

Training Methods, Logistics, and Implementation



Senior Center Recruitment

- Call for center participation posted in NCOA newsletter
- For pilot, centers restricted to those within 50 miles of FSIS “Ambassador” office
- Centers interested in presentation described intended application (cooking class, health seminar, hold during luncheon)
- Nine senior centers expressed interest

Training Methods, Logistics, and Implementation

Presenter Logistics

- FSIS coordinator facilitated logistical arrangements with individual NCOA centers
 - Dates of presentations
 - Audio visual equipment
 - Parking, entrances, pictures
 - Shipping of publications and thermometers
- FSIS coordinator provided to presenters
 - Presentation on thumb drive
 - Script
 - Encouragement



Locations and Participants

Locations

- New York (Brooklyn), NY
- Philadelphia, PA
- Queens Village, NY
- College Station, TX
- Johnston City, TX
- Urbandale, IA
- Half Moon Bay, CA
- Belleville, IL
- Wheeling, IL



Post Presentation NCOA Survey

“Name three things you learned about food safety”

1. Food kept and cooked at proper temperature
2. Freezer and fridge temps
3. What to do during a power outage
4. FoodKeeper app
5. Wash hands and fruits and vegetables/sanitize utensils and counters

Top responses corresponded with pop quiz questions

Post Presentation NCOA Survey

“Describe any food safety topics covered that may have been confusing”

- Foods to avoid
 - Deli meats, sprouts, etc.
- “Sell By” and “Use By” dates
- Temperature vs. color correspondence to doneness (rare, medium, well)

**Potential areas of
future focus**

Post Presentation NCOA Survey

Communication Methods

- Request for presenters
 - Slower slide presentation
- How did participants hear about the training sessions
 - Person-to-person and print
 - Predominant method
 - Invited by center staff, newsletter, and walk-in
 - Electronic resources
 - Fewer participants alerted through these methods

Lessons Learned from Pilot Trainings

What's Working

- Participants are engaged in the topics
- Logistics standardized for presentations
- Participants rated trainers high for knowledge and delivery of content

What Needs Updating

- Focus on at-risk recommendations
- List of common questions
- Implementation at geographically and socially diverse locations
- NCOA Survey

Preparations for Future Trainings

How to Increase Number of Senior Centers

- Longer recruitment period through NCOA newsletters
 - Showcasing success of program
- Additional calls for centers
 - NCOA Blogs
 - Non-NCOA Senior Centers
- Removing distance requirement to FSIS ambassadors
- Proactive and direct recruitment of centers
- Economically scalable food safety giveaway
 - Appliance thermometer vs. food thermometer

Preparations for Future Trainings

Utilization of Non-FSIS Presenters

- Development of facilitator guide
 - Overview of FSIS food safety messages
 - At-Risk concerns for seniors
 - Description of FSIS services (FoodKeeper app, Meat and Poultry Hotline)
 - PowerPoint presentation and script
- Recruitment of presenters
 - Cooperative Extension
 - Healthcare professionals
 - Academia
 - Senior center staff

Preparations for Future Trainings

Two presentation models

- Summer
 - Similar to current presentation model
 - Focus on grilling, temperature abuse, warm weather bacterial growth, etc.
- Fall
 - Preparations for Thanksgiving and winter holidays
 - October to early November
 - Difficult for seniors to get to centers during winter weather
- Adapting presentation into other center activities
 - Cooking classes

Timeframe for Next Trainings

November 2016 - Call for centers posted

February 2017 – Select centers

March and April 2017 – Logistical concerns

May 2017 - Presentations

June and July 2017 – Call for Fall participants

Future Goals

Summer 2017

- 20 participating centers
- At least one non-FSIS presenter

Fall 2017

- At least five new participating centers

Questions

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