



Nutrition Education



Reservations Required

Please contact the site of your choice directly to make a reservation for your meal at least 3 days in advance.

Meal sites are required to provide an estimate every Monday for the following week, so the earlier you reserve, the better for planning.

If you are unable to come on day of your reservation, please notify site as soon as possible. If you are a “no show” with no notice to the site then future reservations may be cancelled. Thank you.

Sources:

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/5-tips-for-keeping-takeout-food-safe-to-eat>

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KEEP TAKE AWAY MEALS SAFE

Spectrum Senior Meals continues to offer Take Away meals from our Partner Meal Sites while flexibilities for Congregate Meals remain in California.

Please be aware: food that travels and spends too long outside of heating or cooling elements, like ovens, steam tables or refrigerators, can begin to grow harmful bacteria, which can then make you sick. However, this can be prevented by following a few simple safety measures.



Here are tips to make sure your take away meal is safe:

- **Keep your trip short.** The most important tip to remember is to reduce the amount of time between pickup and mealtime.
- **Keep foods of different temperatures separate.** Do your best to keep hot foods hot and cold foods cold. If you need to travel more than 30 minutes, bring some insulated coolers to maintain food temperatures. While coolers are effective at keep keeping food cold, they can also be used to maintain warmer temperatures.
- **Reheat properly.** If you need to reheat the meal, reheat it in the microwave, on the stove, or in an oven until the internal temperature reaches 165 F (74 C). Slow cookers aren't recommended for reheating meals because these devices may not heat foods hot enough to kill the bacteria. They may also reheat your foods too slowly and result in bacteria growth. **Plastic take-away containers should not be placed in the oven or on the stove. Please reheat contents in appropriate pot or pan.*
- **Eat right away and enjoy!** If you plan to eat it at later time, the meal should be refrigerated immediately.