



Nutrition Education



Reservations Required

Please contact the site of your choice directly to make a reservation for your meal at least 24 hours in advance.

Reserve your meal by 11:45am the day before.

For sites offering on-site group dining, please specify if you are dining or picking up.

If you are unable to come on day of your reservation, please notify site as soon as possible. Thank you.

Sources:

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

Created by: Becky Bruno,
Spectrum Program Manager

Reviewed and approved by:
Heather Cuellar, RD

October 2021

KEEP TAKE AWAY MEALS SAFE

Beginning October 4, 2021 Spectrum Senior Meals staff is preparing and delivering hot meals to our partner sites. Our staff and volunteers at each site are trained for safe temperature holding of these meals.

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 a 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.