

To Your Health! Food Safety for Seniors



To Your Health! Food Safety for Seniors is a training module for older adults (up to one-hour in length) designed by researchers in the Department of Food Science & Human Nutrition at Colorado State University as part of a food safety education research project. Its purpose is to teach older adults about prevention of foodborne illness with special emphasis on *Listeria*, *Salmonella* and *E. coli* microorganisms. Training materials include a Powerpoint® presentation and participant booklet, pre and post evaluation questionnaires, class activities and take home educational materials and can be downloaded below.

For more information, please contact Mary Schroeder, MS, RD, project coordinator, at (970) 491-7335 or email mary.schroeder@colostate.edu.

Program Leader Materials:

[Sample Recruitment Flier](#)
[Instructor Outline](#)
[Materials List](#)
[Food Safety for Seniors-Presentation](#)
[Post Evaluation Survey](#)
[Packet Labels](#)

Participant Materials:

Optional Booklets:

[To Your Health! Food Safety for Seniors](#), developed by FDA/USDA-FSIS, updated 2004

[Be Food Safe: Food Safety for Older Adults \(USDA-2006\)](#)

Handouts

[Risky Foods/Choose Instead handout](#)
[Home Food Safety Checklist \(English\) \(Spanish\)](#)
[Refrigerator Storage Chart \(CFSAN\)](#)
[Home Food Storage for Safety and Quality \(CSU Fact Sheet\)](#)

Optional Activity:

[Food Safety Bingo \(5 cards\)](#)
[Bingo Questions](#)

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