

Safer Food Choices for Adults 65 Years or Older

Leader's Guide

Goal:

Reduce the risk of foodborne illness in older adults. Because adults 65 years and older are at greater risk for foodborne illness, it is essential they use safe food handling practices and make safer food choices.

Objectives:

Participants will:

1. Understand why they are at higher risk for foodborne illness.
2. Increase their food safety knowledge and safe food handling practices.
3. Make safer food choices.

Program Materials:

- **Participant handout:** Safer Food Choices for Adults 65 Years or Older: <https://go.unl.edu/cdc-safer-food-choices>
- **Slideshow:** Safer Food Choices for Adults 65 Years or Older (optional)
- **Food Safety Bingo Instructions and Bingo Questions** for presenters
- **Bingo Cards** and optional prizes
- Bingo markers or pens/pencils for participants to mark their bingo cards
- **Participant Evaluation** form

Before the Program:

- Copy enough handouts, evaluations and bingo cards for each participant. The set includes 30 distinct bingo cards, each numbered from 1 to 30 at the top of the card.
- Print one copy of the bingo questions for the presenter of the bingo game.
- Gather optional bingo prizes related to food safety such as hand soap, food thermometers, food storage containers, etc.

At the Program:

1. Welcome participants to the program. Distribute the [Safer Food Choices for Adults 65 and Older](#) handout and review the information. Use the **Safer Food Choices for Adults 65 Years or Older** slideshow, if desired.
2. Distribute bingo cards and markers (or pens/pencils) to participants to play Food Safety Bingo.
3. Explain that a bingo occurs when five squares on their card are marked off in a row, either vertically, horizontally, or diagonally. Each bingo card includes a "Free Space" at the center which can be marked off by participants.

4. Using the provided bingo questions, read a question from the page labeled "B".
 5. Ask participants to share their thoughts on the correct answer, located in column "B" on the bingo cards. Not every card will have all the answers. After revealing the correct answer, instruct participants to mark it with a bingo marker or cross it off if it appears on their card. Some answers may require further explanation.
 6. Next, read a question from the page labeled "I", then "N" and so forth.
 7. Play until someone calls bingo or all prizes are claimed.
 8. Conclude program by handing out evaluation.
- Food Poisoning Symptoms, Centers for Disease Control and Prevention: <https://go.unl.edu/cdc-food-poisoning>
 - Preventing Listeria, Centers for Disease Control and Prevention: <https://www.cdc.gov/listeria/prevention.html>
 - Safer Food Choices for Adults 65 Years or Older, Center for Disease Control and Prevention: <https://www.cdc.gov/food-safety/foods/adults-65-older.html>

Sources:

- 4 Steps to Food Safety, foodsafety.gov: <https://www.foodsafety.gov/keep-food-safe/4-steps-to-food-safety>
- FoodKeeper App, foodsafety.gov: <https://www.foodsafety.gov/keep-food-safe/foodkeeper-app>
- Food Product Dating, United States Department of Agriculture (USDA): <https://go.unl.edu/usda-food-product-dating>
- People at Risk: Older Adults, foodsafety.gov: <https://www.foodsafety.gov/people-at-risk/older-adults>