

# PA SFMNP – Nutrition Education Resources

For nutrition education, we ask SFMNP recipients to visit and watch this video: [MyPlate for Older Adults \(https://www.youtube.com/watch?v=ku230kQlqzA\)](https://www.youtube.com/watch?v=ku230kQlqzA). Additionally, please see below for information on how to properly store your fruits and vegetables and for more information on Health Eating for Older Adults. For more nutrition information, such as recipes, please visit [MyPlate.gov](https://www.MyPlate.gov).

## STEPS TO SAFE AND HEALTHY FRUITS & VEGETABLES

### From the Store to Your Table

Fruits and vegetables are healthy to eat. But did you know that harmful germs, like *Salmonella*, *E. coli*, and *Listeria*, can sometimes be on fruits and vegetables? There are steps that can help keep you healthy—and your fruits and vegetables safer to eat—from the store to your table.



#### Fruit and Vegetable Safety at the Store or Market



##### Check for Bruises

- Choose fruits and vegetables that are free of bruises or damaged spots, unless you plan to cook them.



##### Keep Precut Fruits and Vegetables Cold

- Choose pre-cut and packaged fruits and vegetables that are refrigerated or kept on ice.



##### Separate

- Separate fruits and vegetables from raw meat, poultry, and seafood in your shopping cart and in your grocery bags.

#### Fruit and Vegetable Safety at Home

Get fruits & vegetables home and in the fridge in 2 hours or less



##### Wash

- Wash your hands before and after preparing fruits and vegetables.
- Wash or scrub all fruits and vegetables under running water before eating, cutting, or cooking.
- Fruits and vegetables labeled "prewashed" do not need to be washed again at home.



##### Keep Cold

- Refrigerate cut, peeled, or cooked fruits and vegetables as soon as possible, or within 2 hours.
- Use a refrigerator thermometer to make sure the temperature stays at 40°F or below.



##### Separate

- Store fruits and vegetables away from, and not next to or below, raw meat, poultry, and seafood. These items can drip juices that may have germs.
- Use a separate cutting board for fruits and vegetables that is never used for cutting or preparing raw meats, poultry, or seafood.
- Wash cutting boards, counter tops, and utensils with hot, soapy water before and after preparing fruits and vegetables.

For more information, call 1-800-CDC-INFO or visit [www.cdc.gov](http://www.cdc.gov).

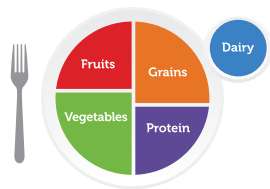
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Accessible version: <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-vegges.html>



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

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# Healthy Eating for Older Adults

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



## Make eating a social event

Enjoy meals with friends or family members as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or States.



## Drink plenty of liquids

You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.



## Add a touch of spice

Limiting salt is important as you get older. Fresh and dried herbs and spices, such as basil, oregano, and parsley, add flavor without the salt.



## Make the most of your food choices

Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.



## Be mindful of your nutrient needs

You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and also protein. Read the [Nutrition Facts label](#) on packaged foods and also speak with your healthcare provider about possible supplements.



## Keep food safe

Discard food if it has an “off” odor, flavor, or texture. Refer to the “use by” dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.