

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

10 Essential Food Safety Tips For AIDS Sufferers

By Terry Nicholls

10 Essential Food Safety Tips For AIDS Sufferers

by: **Terry Nicholls**

Persons with Acquired Immunodeficiency Syndrome (AIDS) are especially susceptible to illness from food-borne pathogens. Because they're at higher risk for severe illness or death, affected persons must be vigilant when handling and cooking foods. Here are some recommendations to help prevent bacterial food-borne illness.

1. When shopping for raw and cooked perishable foods, be sure the food is being stored at a safe temperature in the store. Don't select perishable food from a non-refrigerated aisle display. Never choose packages which are torn or leaking.
2. When ordering food from the deli department, be sure the clerk washes his hands between handling raw and cooked items or puts on new plastic gloves. Don't buy cooked ready-to-eat items which are touching raw items or are displayed in the same case.
3. Don't buy cans that are dented, leaking, or bulging; food in cracked glass jars; or food in torn packaging. Tamper-resistant safety seals should be intact. Safety buttons on metal lids should be down and should not move or make a clicking noise when pushed. Do not use any product beyond its expiration date!
4. Immediately refrigerate or freeze perishable foods after transporting them home. Make sure thawing juices from meat and poultry do not drip on other foods. Leave eggs in their carton for storage and don't place them in the door of the refrigerator. Keep the refrigerator clean.
5. Food stored constantly at 0 °F will always be safe. Only the quality suffers with lengthy storage. It's of no concern if a product date expires while the product is frozen. Freezing keeps food safe by preventing the growth of micro-organisms that cause both food spoilage and food-borne illness. Once thawed, however, these microbes can again become active so handle thawed items as any perishable food.

10 Essential Food Safety Tips For AIDS Sufferers

6. Store canned foods and other shelf stable products in a cool, dry place. Never put them above the stove, under the sink, in a damp garage or basement, or any place exposed to high or low temperature extremes.
7. Wash hands, utensils, can openers, cutting boards, and countertops in hot, soapy water before and after coming in contact with raw meat, poultry, or fish.
8. Many cases of food-borne illness are caused by take-out, restaurant, and deli-prepared foods. Avoid the same foods when eating out as you would at home. Meat, poultry, and fish should be ordered well done; if the food arrives undercooked, it should be sent back.
9. Wash cutting boards with hot, soapy water after each use; then rinse and air dry or pat dry with fresh paper towels. Non-porous acrylic, plastic, or glass boards and solid wood boards can be washed in an automatic dishwasher (laminated boards may crack and split).
10. Do not eat raw or undercooked meat, poultry, fish, or eggs. For people with AIDS, the most important thing is to use a meat thermometer to be sure meat, fish, eggs, and casseroles reach at least 160 °F. Roast whole poultry to 180 °F; poultry breasts to 170 °F. When reheating foods in the microwave, cover and rotate or stir foods once or twice during cooking and check the food in several spots with a thermometer.

Copyright (c) Terry Nicholls. All Rights Reserved.

Terry Nicholls is the author of the eBook "Food Safety: Protecting Your Family From Food Poisoning". For more tips like these, and to learn more about his book, visit his website at

Food Safety 101

By News Canada

(NC)—Bagged lunches are healthy, economical and nutritious. But they also pose the threat of hosting harmful bacteria, unless food is handled and packed properly. Use the following tips as your study guide for "Food Safety 101":

- Spill-proof, seal-able bags are a must for transporting and storing food safely. Stock up on these items to keep leftovers ready for the lunch box.
- Preparing lunch the night before is a great time-saver. Store lunches safely in the refrigerator overnight.
- Prepare a clean surface for lunch packing. Wash your hands, utensils and counter with hot, soapy water to destroy bacteria.

10 Essential Food Safety Tips For AIDS Sufferers

- Sandwiches are a popular lunchtime staple: look for lunchmeat with a reputable brand name to ensure food safety. Maple Leaf, for instance, has made food safety a top priority and is committed to providing customers with the highest standards of food safety assurance.
- Consider using an insulated travel bottle. It will keep leftover soup, chili or stew safe and hot until you're ready to enjoy it.
- Look for a freezer gel pack and an insulated lunch box. These items will keep foods like sandwiches cool until lunchtime, preventing bacterial growth.
- Store your lunch in a refrigerator at work or school, if possible. If not, avoid leaving your lunch in direct sunlight or near any heat source.

Congratulations, you are now a "Food Safety 101" graduate. You are certified to pack safe bagged lunches, and to teach your favourite students about the importance of food safety. For graduate-level food safety tips, visit

·
– News Canada

provides a wide selection of current, ready-to-use copyright free news stories and ideas

for Television, Print, Radio, and the Web.

is a niche service in public relations, offering access to print, radio, television, and now

the Internet media, with ready-to-use, editorial "fill" items. Monitoring and analysis are two more of our

primary services. The service supplies access to the national media for marketers in the private, the public, and the not-for-profit sectors. Your corporate and product news, consumer tips and information are packaged in a variety of ready-to-use formats and are made available to every Canadian media organization including weekly and daily newspapers, cable and commercial television stations, radio stations, as well as the Web sites Canadians visit most often. Visit

and learn more about

the NC services.

Related Content:

Food Safety 101
BTE HEARING AIDS
Hamburger Safety Tips

HIV Symptoms – Know The Signs, Know The Differences
Get Well: Exercise Tips For Fibromyalgia Sufferers

Read more Content at

Related Products:

HIV/Aids Healed by the Power of God
Smoothies for Athletes
Free Government Grants
The Great Big Book of Internet Marketing
Recipes from the Heartland

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

10 Essential Food Safety Tips For AIDS Sufferers

