

# Desktop Dining:

## Food Safety Habits at the Office and What You Can Do to Stay Safe!



Academy of Nutrition and Dietetics



According to a recent survey from the Academy of Nutrition and Dietetics and ConAgra Foods' Home Food Safety program, 83 percent of Americans regularly eat at their desks, including breakfast, lunch, dinner and snacks. Keep your brown bag safe and help to prevent foodborne illness at the office by following these simple food safety tips.

### Office Essentials

A well-stocked office doesn't stop at staplers and tape. Protect yourself from foodborne illness by keeping your office stocked with these food safety supplies, too:

- ✓ Hand sanitizer
- ✓ Disinfectant wipes or paper towels and spray cleanser
- ✓ Insulated lunch bag with freezer pack if a refrigerator is not available
- ✓ Labels for leftovers
- ✓ Refrigerator thermometer (make sure your office fridge is set properly below 40° F)
- ✓ Food thermometer (always reheat leftover lunch foods to an internal temperature of 165° F).



### Food Safety in the Workplace

Give bacteria the pink slip the next time you desktop dine by following proper food safety tips from the Academy and ConAgra Foods' Home Food Safety program:

- ✓ Wash hands before and after digging into your desktop dish. If you can't get to a restroom to wash hands with soap and water, keep moist towelettes or an antibacterial hand cleaner at your desk.
- ✓ From the time you make your lunch at home – assuming it contains perishable food items – don't let more than two hours pass before you put it in the refrigerator. Also, don't let lunchtime leftovers remain unrefrigerated for more than two hours.
- ✓ Keep perishable foods properly refrigerated below 40° F.
- ✓ If you carry your lunch in a reusable tote or insulated bag, don't forget to wash it frequently.
- ✓ Thaw frozen foods in the refrigerator or microwave, not on the countertop.
- ✓ If you bring leftovers for lunch, re-heat them to the proper temperature of 165° F.
- ✓ Don't forget that the same food safety tips apply to carry-out and fast food, which also can be susceptible to bacteria if not handled properly.

