

# Virginia Cooperative Extension

A partnership of Virginia Tech and Virginia State University



**Fairfax County Office**  
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Fairfax, VA 22035  
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## Family and Consumer Sciences

### Food Safety for Adults and Seniors

**Food Safety for Seniors.** Some people—including people over 65—can be more susceptible to getting sick from bacteria in food. Preventing the growth of dangerous microorganisms in food is the key to reducing millions of illnesses and thousands of deaths each year. This lecture provides evidence-based information along with the practical knowledge seniors need to keep food safe at home and while dining out.

1 to 2 hours ♦ no fee

#### To schedule a program for your group:

Workshops are available as our schedule permits. To arrange one of these programs for your group or community organization, contact:

Katie Strong, M.S., R.D.  
Associate Extension Agent  
12011 Government Center  
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If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Octavia Walker, Fairfax County Office at 703-324-5369/TDD\* during business hours of 8 a.m. and 5 p.m. to discuss accommodations 5 days prior to the event.  
\*TDD number is (800) 828-1120.

**ServSafe® Manager Training.** Learn about foodborne illness, how to prevent it and how to train employees in food sanitation. Earn nationally accredited food safety certification from the National Restaurant Association. Passing this certification test fulfills the examination requirement for the Standard Northern Virginia Certified Food Manager (NVCFM) License.

8 or 16 hours ♦ \$150/person fee includes textbook and exam

**ServSafe® Food Handler Training.** Learn basic food safety practices for preparing and serving food. Earn your food handler certificate from the National Restaurant Association.

3 hours ♦ \$15/person fee includes guidebook

**Cooking for Crowds.** Designed for non-profit audiences that cook food for the public as part of fundraisers, this program provides education for people without professional training in cooking large volumes of food for the public or access to commercial foodservice equipment.

3 hours ♦ \$5/person fee



[www.ext.vt.edu](http://www.ext.vt.edu)

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Extension is a joint program of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and state and local governments.