Is My Food Safe?

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While any individual may contract a foodborne illness, patients with kidney disease and transplant recipients as well as other populations with weakened immune systems are at a higher risk. Generally, most people understand the importance of taking necessary food safety precautions. Unfortunately, some remain unaware that foodborne illness cannot only be an unpleasant but also a life-threatening consequence. Between the various storage and cooking times and temperatures, patients may be left confused and overwhelmed. Luckily, The Academy along with ConAgra Foods, have worked together to develop an app dedicated to helping consumers keep their food safe.

The ‘Is My Food Safe?’ app starts with a menu screen showing three different categories that users can choose from: safe cooking temperatures, food storage guide and a quiz to test their knowledge of food safety. Under safe cooking temperatures is a variety of foods ranging from egg dishes to seafood and stuffing. The food storage guide is similar in having various types of food and beverages along with guidelines of how long we can keep leftovers in both the refrigerator and freezer. Lastly, the quiz contains nine questions so important information is not overlooked. Additionally, more information about foodborne illness is provided on a second menu with a general overview, safety tips, frequently asked questions (FAQs) and a recommendation for consulting a dietitian for further assistance.

A variety of colorful fruits and vegetables paint the screen. This aesthetically pleasing design compliments the easy-to-use features of the FoodSafe? app. Understanding the navigation of the app is intuitive. Additionally, all of the FAQs are separated by topic allowing users to find a specific question with ease. The concise guidelines leave no room for confusion. Knowledge is evaluated with the quiz while providing explanations for every answer.

Each food category is broken down into subcategories providing the most specific information. For example, under Fruit a wide variety of fruits can be found in order to know the specific times and temperatures. When it comes to storage time there is an array of items including baby food and condiments. Additional resources about food safety are also provided in case users still have questions. Patients can sometimes forget information or misplace handouts. Now they can access them from the click of a button. The app is available at no cost for both Android and Apple devices.

While there is a necessity for simplicity, users may easily overlook the important additional safety tips and information. A small button at the bottom of the screen is labeled ‘More’. Many users may not notice this or be aware of the pertinent information it contains. The FAQs are linked to a website after clicking on a question. Therefore, another screen will open and direct the user elsewhere. Having this information not directly on the app will allow for potential Internet access problems.

Overall, the ‘Is My Food Safe?’ app is an accurate resource that should be utilized as a food safety guide for individuals everywhere. Clear guidelines leading to better understanding is the ultimate goal desired for our patients. When recommending this tool, raising awareness for the additional information that can be found on the app may be helpful. Food safety information doesn’t have to be overwhelming and this app proves just that. Users can find confidence in the safety of their food with the help of the ‘Is My FoodSafe?’ app and coordinating website, www.homefoodsafety.org.

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