

March 27, 2006

**TO:** AAA and ENP Directors and Nutritionists  
**FROM:** Douglas Buck  
Senior Nutrition Consultant  
**PC:** Roxanne Aaron-Selph  
Elderly Services Program Manager  
**RE: Taking Home Leftover Food**

It has come to our attention that some café managers are allowing senior community café participants to take home leftover food. Below is the State regulation addressing this matter (CT Reg. 17b-423-5(e)(7):

Only the following may be taken from the meal site and at the discretion of the manager: fruit, baked goods and other foods in individually sealed containers that have been protected from contamination and held at 41 degrees F. or less. All other food shall be offered as a second serving or discarded. Potentially hazardous food offered as a second serving shall be protected from contamination and held at 140 degrees F. or more if hot, and at 41 degrees F. or less if cold.

Thus, an apple or orange may be taken home. Baked goods in individually sealed containers may be taken home. Milk or pudding in an individually sealed container may be taken home if it has been held in the refrigerator during mealtime. Milk or other food that has sat out on the table and not drunk or eaten during the meal must not be taken home but discarded.

Some food served at senior community cafés has undergone several preparation steps prior to service. For example, it may have been cooked on a prior day, cooled down, stored overnight, reheated in the morning and held in a warming unit for an hour or more. Between these steps it has "sat out" at room temperature and there might be equipment failures. Much of it, unlike pizza, has high water content. Although it is very healthful, it must be kept from bacterial contamination and stored properly. Permitting participants to take it home would be a safety concern and liability.