



It's important to keep food safety in mind when receiving meal deliveries or getting groceries delivered. Foodborne illnesses can occur when food isn't handled properly. Those at increased risk include young children, adults 65 years and older, people with weakened immune systems, and those who are pregnant.

General Delivery Guidelines	Grocery Deliveries	Restaurant Deliveries
Identify a safe place for food to be delivered: Ideally a place that is shaded, cool, and away from pests and animals.	When food arrives at your home, if it's a hot food, it should be hot and if it is a cold food, then it should arrive cold. Hot and cold foods should also be separated from each other.	Meals that are cooked can make you sick if they sit out (not in the refrigerator or warming unit) for more than 2 hours.  Refrigerate leftover perishable foods as soon as possible. Do not let foods sit at temperatures between 40° and 140°F for more than 2 hours.
Check perishable foods that are shipped with a food thermometer to ensure that it is 40°F or below.	Do not leave perishable foods at room temperature for more than 2 hours.  If the temperature outside is 90°F or warmer, do not leave it out for more than 1 hour.	Do not leave perishable foods at room temperature for more than 2 hours.  If the temperature is 90°F or warmer, do not leave it out for more than 1 hour.
If a perishable food is above 40°F when you receive it, it can be unsafe and it is recommended to not consume it.	Have a plan to receive the food and store it properly quickly.	Check how many days properly handled leftovers should be safe using this publication: <a href="https://bookstore.ksre.ksu.edu/pubs/MF3130.pdf">https://bookstore.ksre.ksu.edu/pubs/MF3130.pdf</a>

**When in doubt, throw it out!**

## Sources and More Information:

Food Delivery Safety, [www.cdc.gov/foodsafety/communication/food-safety-meal-kits.html](http://www.cdc.gov/foodsafety/communication/food-safety-meal-kits.html)

At Home Safe Food Handling: It's In Your Hands, <https://bookstore.ksre.ksu.edu/pubs/MF2465.pdf>

Original Fact Sheet: KSRE Food Safety for Boomers and Beyond: Eating Out and Take Out, [https://www.ksre.k-state.edu/foodsafety/topics/doc/FoodSafety\\_EatingOut5boomers.pdf](https://www.ksre.k-state.edu/foodsafety/topics/doc/FoodSafety_EatingOut5boomers.pdf)

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