



Safe or Sorry for High-Risk Populations Scenarios

Have employees decide SAFE or SORRY, then explain why.

1. Chicken Pot Pie Baked Until Steaming Hot
2. Caesar Salad Made with Raw Egg Dressing
3. Oatmeal Cooked with Water and Served Hot
4. Deli Turkey Stored at 50°F in the Cooler
5. Soft-Boiled Eggs with Runny Yolks
6. Cream-Based Soup That Was Reheated to 165°F
7. Fresh Fruit Salad Washed, Cut, and Held at 41°F
8. Rare Steak Ordered by a Nursing Home Resident
9. Baked Fish Cooked to Proper Internal Temperature
10. Raw Cookie Dough "Because Everyone Loves It"
11. Fresh-Squeezed Orange Juice Made This Morning
12. Rice That Was Cooked, Cooled Properly, and Reheated Thoroughly



Safe or Sorry for High-Risk Populations

Answer Key

Have employees decide SAFE or SORRY, then explain why.

1. Chicken Pot Pie Baked Until Steaming Hot

Answer: SAFE

Why: Fully cooked and hot-held, reducing risk of harmful bacteria.

2. Caesar Salad Made with Raw Egg Dressing

Answer: SORRY

Why: Raw eggs may contain Salmonella and are unsafe for high-risk populations.

3. Oatmeal Cooked with Water and Served Hot

Answer: SAFE

Why: Simple, fully cooked food with low contamination risk.

4. Deli Turkey Stored at 50°F in the Cooler

Answer: SORRY

Why: Improper cold holding allows rapid bacterial growth, including Listeria.

5. Soft-Boiled Eggs with Runny Yolks

Answer: SORRY

Why: Undercooked eggs are unsafe for high-risk populations.

6. Cream-Based Soup That Was Reheated to 165°F

Answer: SAFE

Why: Proper reheating destroys harmful bacteria.

7. Fresh Fruit Salad Washed, Cut, and Held at 41°F

Answer: SAFE

Why: Proper washing and cold holding reduce contamination risks.

8. Rare Steak Ordered by a Nursing Home Resident

Answer: SORRY

Why: Undercooked meat is unsafe for high-risk individuals, regardless of preference.

9. Baked Fish Cooked to Proper Internal Temperature

Answer: SAFE

Why: Thorough cooking kills parasites and bacteria.

10. Raw Cookie Dough “Because Everyone Loves It”

Answer: SORRY

Why: Raw eggs and flour may contain Salmonella or E. coli.

11. Fresh-Squeezed Orange Juice Made This Morning

Answer: SORRY

Why: Unpasteurized juice poses a serious risk to high-risk populations.

12. Rice That Was Cooked, Cooled Properly, and Reheated Thoroughly

Answer: SAFE

Why: Correct cooling and reheating control Bacillus cereus growth.

Trainer Tip to Increase Challenge

Next, ask teams to identify what would need to change to move a “SORRY” item to “SAFE.”

