



FOOD SAFETY

This topic touches everyone but is extremely important for older adults.

- Older adults are at higher risk for hospitalization and death from foodborne illness.
- This increased risk for foodborne illness is because our organs and body systems go through change as we age.

WHAT CAN YOU DO?

Always follow these 4 steps

1



Wash hands and surfaces often

2



Separate raw meat and poultry from ready to eat foods.

3



Cook foods the correct temperatures

4



Chill raw meat and poultry as well as cooked leftovers promptly (within 2 hours)



- Store food in a refrigerator at 40 °F or below.
- Divide food or cut into smaller portions.
- Refrigerate delivered meals if you don't plan to eat them immediately. You can reheat them when you are ready to eat.
- Harmful bacteria can multiply in the "Danger Zone" (between 40 and 140°F). So remember the 2-hour rule. ***Discard any perishable foods left at room temperature longer than 2 hours.***

EXERCISE ACTIVITY

Wrist Curl

This exercise will strengthen your wrists. It also will help ensure good form and prevent injury when you do upper body strength exercises.



1. Rest your forearm on the arm of a sturdy chair with your hand over the edge.
2. Hold weight with palm facing upward.
3. Slowly bend your wrist up and down.
4. Repeat 10-15 times.
5. Repeat with other hand 10-15 times.
6. Repeat 10-15 more times with each hand.

RECIPE FOR THE MONTH

CRUNCHY POTATO CASSEROLE

MAKES ABOUT 8 SERVINGS

Ingredients

- 2 cups corn flakes cereal, crushed into crumbs
- 2 pounds potatoes, peeled and grated
- ¼ cup margarine, melted
- ¼ teaspoon black pepper
- 1 onion, chopped
- 1 can (about 10 ounces) low-sodium cream of chicken soup
- ¾ cup fat-free sour cream
- 1 cup low-fat cheddar cheese, shredded

Directions

1. Preheat oven to 350 degrees F.
2. Combine potatoes, margarine, and black pepper in a large bowl.
3. Add onion, soup, sour cream, and cheese; mix well.
4. Pour into a 13x9-inch baking dish and sprinkle with corn flakes.
5. Bake for 45 minutes.

Nutritional Information for 1 serving (¾ cup) of Crunchy Potato Casserole

Calories	240	Cholesterol	15 mg	Sugar	4 g	Vitamin C	27 mg
Calories from Fat	70	Sodium	340 mg	Protein	8 g	Calcium	118 mg
Total Fat	7 g	Total Carbohydrate	35 g	Vitamin A	445 RAE	Iron	2 mg
Saturated Fat	2.5 g	Dietary Fiber	3 g				

Recipe adapted from Food.com