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Smart Choices for SENIORS

March

A Newsletter from the EFNEP/SCNEP Programs of Virginia Cooperative Extension

Food Safety

Separate: Don't Cross Contaminate

Cross-contamination is the scientific word for how bacteria can be spread from one food product to another. This is especially true when handling raw meat, poultry, and seafood, so keep these foods and their juices away from foods that aren't going to be cooked. Here's how to keep your food safe.

- Separate raw meat, poultry, and seafood from other foods in your grocery cart and in your refrigerator.
- If possible, use a different cutting board for raw meat products.
- Always wash hands, cutting boards, dishes, and utensils with hot soapy water after they come in contact with raw meat, poultry, seafood, eggs, and unwashed fresh produce.
- Place cooked food on a clean plate. If you put cooked food on the unwashed plate that held raw food (like meat, poultry, or seafood), bacteria from the raw food could contaminate your cooked food.

Source: University of New Hampshire Cooperative Extension NutriNews and <http://www.foodsafety.gov>.

Virginia Cooperative Extension

Knowledge for the Commonwealth

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AND STATE UNIVERSITY



VIRGINIA STATE UNIVERSITY



MyPyramid.gov
STEPS TO A HEALTHIER YOU

Healthy Eating

Color Your Diet with Fruits and Vegetables

“An apple a day keeps the doctor away.” This old saying reminds us of how important it is to eat fruits and vegetables.

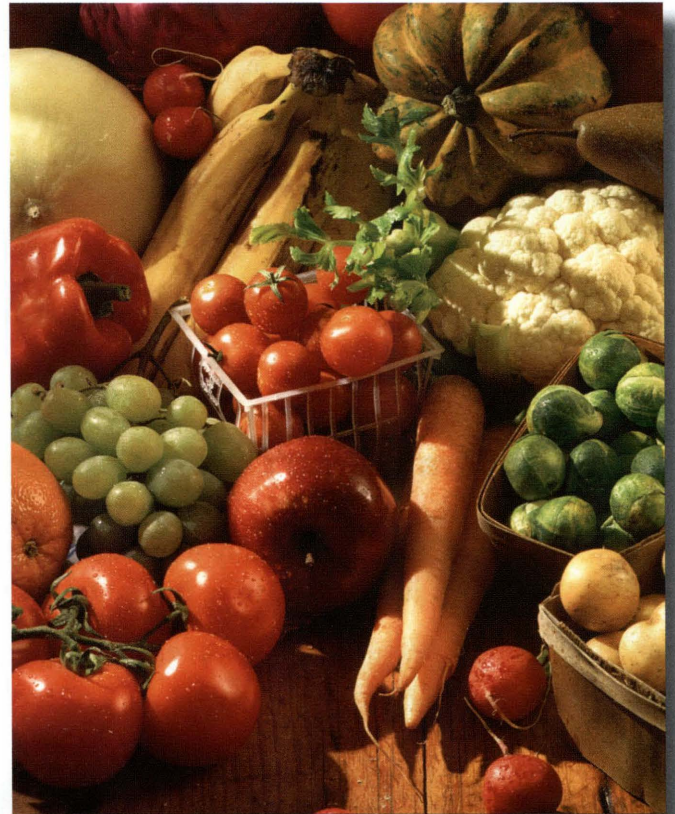
Eating Healthy with Fruits and Vegetables:

- Eat 5 to 9 servings each day.
- Include a variety of choices.
- Eat many different colors.

Ways to include Fruits and Vegetables in your diet:

- Grow your own.
- Shop at farmer’s markets.
- Buy in season at your local grocery store.

A healthy diet is made up of many fruits and vegetables.



Exercise

They Tell Us to Exercise

We hear that too many Americans are fat and not getting enough exercise. They say this will hurt us when we get older. Folks say, “I don’t want to join a fitness club, and I certainly don’t want to go out and jog. What are we supposed to do?”

Anything that gets you moving is exercise.

Examples of exercise are:

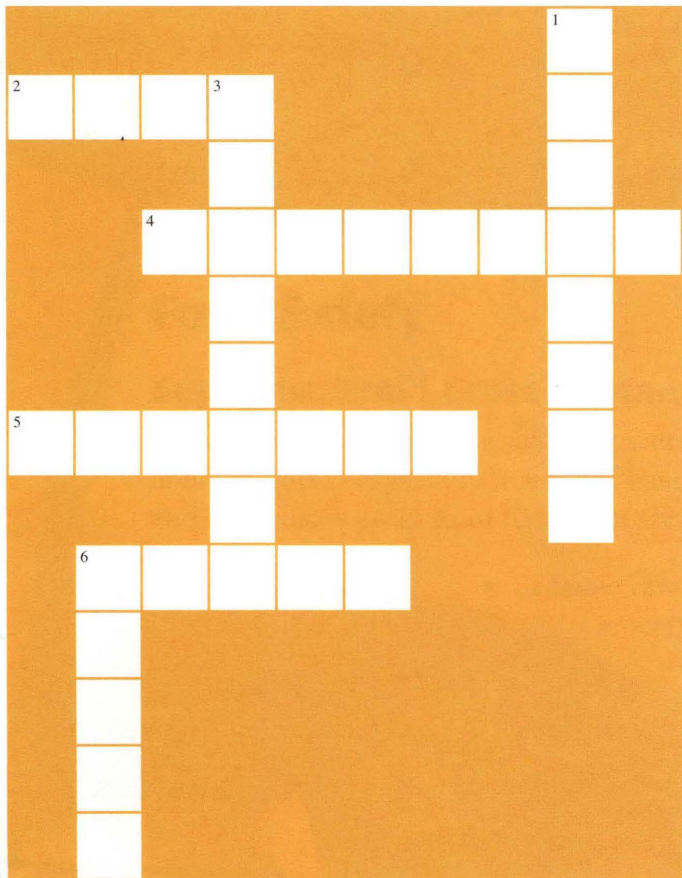
- Vacuuming
- Washing windows
- Taking out the trash
- Walking
- Shopping

Just get moving!

- When you go somewhere (like to the store or church), park further away and walk.
- If you have stairs, walk up and down a few more times.
- Use your arms to push yourself up when getting out of a chair.
- When you pick up light things, lift them over your head a few times.

These are all examples of exercise that will be good for you.

Puzzle



Across

2. Eat _____ to nine servings of fruits and vegetables each day.
4. _____ raw meat, poultry, and seafood from other foods.
5. A healthy diet is made up of a _____ of fruits and vegetables.
6. Place cooked food on a _____ plate.

Down

1. _____ can spread from one food product to another.
3. Anything that gets you moving is _____.
6. One way to get more exercise is push yourself up when getting out of a _____.

Recipe

Corn Chowder

Ingredients:

- 1 Tbsp. margarine
- 1/4 cup chopped onion, about 1 medium onion
- 1 stalk celery chopped, about 1 cup
- 1/2 Tbsp. flour
- 2 cups 1% milk
- 1/8 tsp. salt
- dash of pepper
- 1 small can cream-style or regular corn
- 1 whole potato, peeled and diced into 1/2-inch cubes

Directions:

1. Melt margarine in 3-quart saucepan.
2. Add onion and celery. Cook over medium-high heat, stirring constantly, until onion is tender.
3. Remove from heat. Stir in flour.
4. Cook over low heat, stirring constantly, until mixture is bubbly.
5. Remove from heat. Stir in milk. Add potatoes.
6. Heat to boiling, stirring constantly. Stir in salt, pepper and corn. Simmer for 5 minutes.

Serves: 3

Serving Size: 1 1/2 cup

Preparation time: 5 minutes

Cook time: 15 to 20 minutes

Source: University of New Hampshire Cooperative Extension
NutriNews

**VIRGINIA COOPERATIVE EXTENSION
VIRGINIA POLYTECHNIC INSTITUTE
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BLACKSBURG, VIRGINIA 24061**

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OFFICIAL BUSINESS

Puzzle	Across	Down
Answers:	2. five	1. bacteria
	4. separate	3. exercise
	5. variety	6. chair
	6. clean	

**For more information on food, nutrition,
and achieving a healthy weight, contact:**

Or call this toll-free number: 1-888-814-7627

If you have access to the Internet, go to these sites:

Healthy Futures Series:

<http://www.ext.vt.edu/healthyfutures>

MyPyramid Food Guide:

<http://www.mypyramid.gov/pyramid/index.html>

Food Stamps in Virginia:

<http://www.dss.virginia.gov/benefit/foodstamp.html>

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The Food Stamp Program provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for healthy eating. To learn how to apply, call your local county or city **Department of Social Services** (listed under city/county government in phone book). For help in finding the correct local number, call this toll-free number: **1-800-552-3431** (M-F 8:15-5:00, except holidays). By calling the local DSS office, you can get other useful information about services you may need.

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