

NUTRITION NEWS

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Happy Spring!



Summer is quickly approaching. Time for picnics, barbecues, and cook-outs. Unfortunately, this also sometimes means an increase in foodborne illnesses. A foodborne illness is a disease that is transmitted to people by the food they consume. The elderly are especially susceptible to foodborne illnesses.

Bacteria, viruses, parasites, and fungi can all contaminate our food supply. Bacteria, however, are the most common form of foodborne illnesses. There are a number of factors that affect how bacteria can grow and multiply. These include the food that is being consumed (different bacteria can thrive in different food sources), the acidity of the food, the length of time the food is kept at an unsafe temperature, the temperature itself, the food's exposure to oxygen, and the moisture content of the food (generally the higher the moisture content, the faster the bacteria can grow.)

While most bacteria can grow and multiply at temperatures between

45 degrees F and 140 degrees F, bacteria thrives at temperatures between 70 and 120 degrees F. This is important to keep in mind if you are serving foods in the summer, especially at an outdoor event where access to refrigeration may be limited.

Food safety starts in the kitchen. From purchasing to preparing to serving food, your methods and practices can affect your likelihood of contracting a foodborne illness. Here are some suggestions for good practices every step of the way!

- * When shopping, select frozen foods and perishable foods last, such as meat or fish. Always have these products put in separate plastic bags so that their drippings don't contaminate other foods.
- * Don't use food from flawed containers that leak, bulge, or are severely dented. Don't taste food that has a foul

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Monthly Exercise— Heel Slides

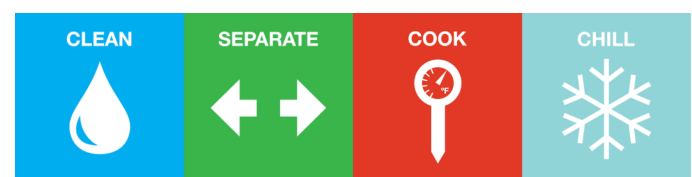
1. Sit comfortably in the chair toward the edge of the seat.
2. Place both hands at the sides of the chair and grip the seat to keep stable.
3. Extend one leg far out in front of the body and point the toes forward. The extended leg's foot should be diagonal to the hips. If using a blanket or other item, place the foot on top. The other leg should be naturally bent, close to the body with the foot planted on the floor.
4. With the extended leg, keep the foot flat, push against the floor and drag the foot slowly toward the body until it reaches the flexed position of the other leg.
5. While keeping pressure, extend the leg back to the starting position.



odor or spurts liquid when the can is opened.

- * Purchase only pasteurized milk and cheese.
- * Purchase only the amount of produce needed for a week's time. The longer you keep, fruits and vegetables, the more time available for bacteria to grow.
- * When purchasing pre-cut produce, avoid those that look slimy, brownish, or dry; these are signs of improper holding temperatures.
- * Thoroughly wash hands with hot, soapy water before and after handling food. This practice is especially important when handling raw meat, fish, poultry, or eggs.
- * Make sure counters, cutting boards, dishes and other equipment are thoroughly cleaned and rinsed before use.
- * If possible, cut foods to be eaten raw on a clean cutting board reserved for that purpose. Then clean this cutting board using hot, soapy water. If the same board must be used for both meat and other foods, cut meats last. The USDA recommends cutting boards that are made of easy to clean, nonporous materials, such as plastic, marble, or glass. All cutting boards should be replaced when they become streaked with hard to clean grooves or cuts, which may harbor bacteria. All cutting boards should be sanitized once a week in a solution of 2 teaspoons bleach per quart of water.
- * When thawing foods, do so in the refrigerator for 1-3 days, under cold running water, or in the microwave. Also, marinate foods in the refrigerator.

- * Carefully wash fresh fruit and vegetables under running water to remove dirt and bacteria clinging to the surface.
- * Use refrigerated ground meat and patties in 1-2 days and frozen meat and patties within 3-4 months.
- * When serving foods outside, keep them out of the direct sun to aid in controlling the temperature.
- * Have a cooler ready with ice to store perishable foods in directly after serving. Keep the cooler in the shade or another cool, dark place. If the ice is melted when removing food from the cooler, do not use the stored food!
- * Keep hand sanitizer around to use in case running water is not available. While less effective than washing your hands in hot, running water, it is a better alternative than not cleaning your hands at all!
- * When in doubt, throw it out! If food has an "off" taste or smell, do not use it! It is better to play it safe when it comes to foodborne illnesses.



Springtime is also a good time to increase your level of physical activity. But it is also a good time to discuss the prevention of falls, as falls put thousands of senior citizens in the hospital every year. Actually, one out of every three individuals aged 65 or older fall at least once a year. Among these individuals, falls are the leading cause of injury related death. They are also the most common cause of nonfatal injuries and hospital admissions for trauma.

What can be done to prevent falls? The Centers for Disease Control (CDC) recommends regular exercise, especially exercises that focus on increasing leg strength and improving balance. You can also make your home safer by removing certain known hazards, including loose floor rugs which can become entangled when walking. Any other objects that may increase your risk of tripping should also be removed. Adding grab bars in the bathroom, especially by the tub and toilet is another preventative measure. Lastly, make sure your house has adequate lighting in the home to prevent tripping.

Having your doctor review your medications can actually help prevent falls. Since many medications cause dizziness and drowsiness as side effects, a medication review to discuss potential side effects is critical.

The CDC also provides a checklist to determine your risk of falling in your own home. Though it has been printed before, some key questions are worth repeating.

- ◆ When you walk through a room, do you have to walk around furniture?
- ◆ Do you have throw rugs on the floor?
- ◆ Are there papers, books, towels, shoes, magazines, boxes, blankets, or other objects on the floor?
- ◆ Do you have to walk around or over wires or cords?
- ◆ Are some steps broken or uneven?
- ◆ Are you missing a light over the stairway?
- ◆ Are the handrails loose or broken?
- ◆ Is there a handrail on only one side of the staircase?
- ◆ Are there papers, shoes, books, or other objects on the stairs?

- ◆ Do you have only one light switch for your stairs (only at the top or only at the bottom of the stairs?)
- ◆ Is the carpet on the steps loose or torn?
- ◆ Are the things you use often on high shelves?
- ◆ Is your step stool unsteady?
- ◆ Is the tub or shower floor slippery?
- ◆ Do you need some support when you get in and out of the tub or up from the toilet?
- ◆ Is the light near the bed hard to reach?
- ◆ Is the path from your bed to the bathroom dark?

Answering yes to these questions could put you at an increased risk of suffering a fall in your own home. Many of these are easy to remedy and could prevent long lasting health complications.

Worries over a fall are not a reason to not start exercising. Remember that the benefits outweigh the risks. Benefits of regular exercise include strengthening your lungs, toning and strengthening your muscles, keeping your joints in good condition, improving your balance, slowing bone loss, and giving you more energy!

Remember to choose activities that are appropriate for your lifestyle and your health. And choose something that is safe for you!



May is National Strawberry Month! Here are two great recipes to try at home!

Strawberry Pound Cake

- 1 1/2 cups unsalted butter, at room temperature
- 1 (8 ounce) package cream cheese, at room temperature
- 2 1/4 cups white sugar
- 1 tsp vanilla extract
- 4 large eggs
- 2 1/2 cups cake flour

- 1/2 tsp baking powder
- 2 cups fresh chopped strawberries

Preheat the oven to 325 degrees. Grease and flour a fluted tube pan.

Beat butter and cream cheese together in a large mixing bowl until smooth. Add sugar and beat until smooth and fluffy. Add vanilla extract and beat in eggs one at a time. Add 1 cup of flour and baking powder and mix until smooth. Beat in another 1 cup of flour until smooth; mix in remaining flour. Fold in strawberries gently. Spoon batter into the prepared pan.

Bake in the preheated oven until a toothpick inserted into the center of the cake comes out clean, about 1 hour. Cool on a wire rack for 5 minutes. Run a table knife around the edges to loosen . Invert carefully onto a serving plate or cooling rack. Let cool completely and serve.

Strawberry Sorbet

- 2 cups frozen strawberries
- 1/4 cup sweetened condensed milk

Put strawberries and condensed milk in a high powered blender (such as Vitamix). Blend, stopping occasionally to scrape down the sides of the blender with a spatula, until completely smooth.

Transfer into a freezer container and freeze for 2 hours before serving.



HEAP

If you received HEAP last year but have not yet received an application for this year, please call our Office at 867-1195.

If you did not receive HEAP last year but want to apply this year, please call our Office at 867-1195.

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