

HEALTHY BITES

SEPTEMBER 2024

IT'S NATIONAL FOOD SAFETY EDUCATION MONTH!

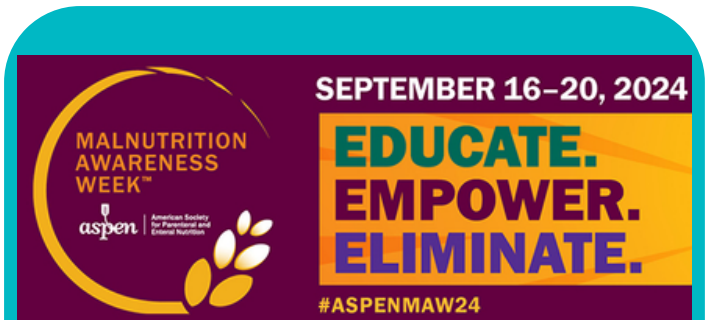
The best way to keep yourself safe and your food safe is to **WASH YOUR HANDS** before and after eating!



Make sure hot food is **HOT** and cold food is **COLD** by taking the temperature of the food with a food thermometer.

Hot food must be above 140 degrees.
Cold food must be below 40 degrees.

If you receive our home delivered meals, one way to check if they are hot and ready to eat is to check the internal temperature with a food thermometer to see if it reads at least 165 degrees.



Have you heard of malnutrition before?

Malnutrition occurs when the body is not getting the energy and nutrients it requires. Being malnourished must be taken seriously as it can affect older adults in many ways. This includes a higher risk of falls and broken bones, less independence, higher stress levels, higher risk of infections and prolonged hospital stays. It can be challenging to recognize, but it is important to watch for possible signs and symptoms such as unplanned weight loss, loss of appetite, muscle weakness, frequent nausea, vomiting, diarrhea, low-healing wounds, feeling tired, swelling in your ankles, legs or belly and frequent illness.

If you or your loved one are experiencing these symptoms, ask your doctor to be screened for malnutrition and/or referred to a Registered Dietitian Nutritionist.

#1 WHOLE GRAIN TO PREVENT AND RELIEVE CONSTIPATION

If your digestive system is feeling backed up, starting your day with a fiber-rich breakfast is a great way to get things moving again. Whole grains are known to be rich in fiber, which is a key nutrient for relieving constipation. Our top whole grain choice for this is oats, as they are rich in fiber, particularly soluble fiber and are budget-friendly. Looking to make the most of your morning bowl of oats? Add berries, like blueberries (even frozen ones!) to add even more fiber to your bowl!



Falls Prevention Is A Team Effort

Family & Friends

Ask family and friends to help check and rid your home of falls hazards.



nco | FallsFree

WHAT CAN YOU DO TO MAKE YOUR HOME MORE SAFE?

- Remove boxes, newspapers, electrical cords and phone cords from walkways
- Secure loose rugs with double-faced tape or remove loose rugs from your home
- Repair loose, wooden floorboards and carpeting right away
- Store clothing, dishes, food and other necessities within easy reach
- Immediately clean spilled liquids
- Use nonslip mats in your bathtub or shower
- Place night lights in your bedroom, bathroom and hallways
- Place a lamp within reach of your bed

BAKED OATMEAL

Prep Time: 5 minutes

Cook Time: 35 minutes

Servings: 9

Serving Size: 3/4 C

Ingredients

- 1 and 3/4 cups milk
- 2 large eggs
- 1/2 c. maple syrup
- 1/4 c. unsalted butter, melted and slightly cooled*
- 1/4 c. unsweetened applesauce or mashed banana
- 3 c. old-fashioned rolled oats
- 1 tsp. baking powder
- 1 tsp. ground cinnamon
- 1 tsp. pure vanilla extract
- 1 c. fresh or frozen mixed berries



Directions

- Spray a 9x9 inch or 11x7 inch baking pan with nonstick spray.
- Whisk all of the ingredients together in 1 large bowl. Pour into prepared baking pan.
- Bake for 35 minutes or until the center appears *almost* set, which gives a soft oatmeal. For drier and more solid baked oatmeal, bake until center has set.
- Cool for 5 minutes before serving.
- Spoon or slice and serve with yogurt, if desired. Cover leftovers tightly and refrigerate for up to 1 week.