



Photos Courtesy of pexels.com

EAT WELL, AGE WELL.

Happy Holidays!

December is the time of year when families get together to celebrate the holidays. It is a time of fun, laughter, and joy. During this time of being together families cook and bake all kinds of delicious festive foods. However, the festivities could quickly turn sour if your loved ones end up getting sick due to abused food safety practices. That is why it is especially important during this time to be careful. Here are some quick and simple tips to keep you and your family healthy during your celebrations!

- Be sure to wash your hands thoroughly before, during, and after food preparation.
- Keep surfaces such as counters and cutting boards clean as well as utensils
- Keep hot foods at 140 degrees or above and cold foods at 40 degrees or below
- Don't keep perishable foods out for more than 2 hours
- Defrost foods in the refrigerator or the microwave rather than on the counter
- Use a food thermometer to check the temperatures of your foods

WEEKLY CHALLENGES

INCORPORATE FRUITS AND VEGGIES INTO YOUR FAMILY GATHERING DISHES!

REMIND YOURSELF TO WASH YOUR HANDS EVERY TIME YOU GO TO THE BATHROOM, COOK, AND EAT FOOD.

KEEP YOUR RAW MEATS AWAY FROM OTHER FOODS.

Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate healthy foods into their eating habits. You can help create excitement to try new foods. These foods will help curb your appetite during feasting days and help you feel energized.

If they ask how they should record if they reach their weekly action plan. They can write words like, “Nailed it” or just a short note like added apples at breakfast or added beans to my soup, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1- page overview handout Eat Well, Age Well. *Holiday Food Safety Tips*
- Placemat/handout – *Baked Potato Soup*
- Table Tent- *Holiday Food Safety Tips: Temperature, Wash, Separate*
- *Monthly Tracking Calendar*

Week 2: Give out/Post

- Placemat/handouts – *Honey Maple Roasted Carrots*
- Table Tent- *Holiday Food Safety Tips: Wash hands & Surfaces, Enjoy!*

Week 3: Give out/Post

- Placemat/handouts – *Oven-Baked Beef Brisket*
- Table Tent- *Food Safety 4 Steps*

Week 4: Give out/Post

- Placemat/handout- *Broccoli Potato Bake*
- Table Tent- *Holiday Food Safety Baking Tips*

To print the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet and click on the drop-down menu to select “Scale to Paper Size” and select “letter” size paper.

The table tents are available in a full-size version that you can post on a bulletin board, give as a handout or place in a full-size table tent holder or print the 4 x 6-inch version and place in a 4 x 6 or 5 x 7-inch holder. I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments at pam.vankampen@gwaar.org