



OCTOBER BREAKFAST



Tuesday – 10/5 Cranberry Juice Cinnamon Squares Cereal String Cheese Whole Wheat Cinnamon Roll	Wednesday – 10/6 Grape Juice Oatmeal Turkey Sausage/Egg/Cheese Wrap Strawberry Waffle Graham Crackers	Thursday – 10/7 Orange Juice Bran Flakes Cereal Pancakes & Pancake Syrup Turkey Sausage Link Fresh Fruit
Tuesday – 10/12 Orange Juice Raisin Bran Cereal Pumpkin Muffin Cherry Craisins Hard Boiled Egg	Wednesday – 10/13 Cranberry Juice Oatmeal Wheat English Muffin Egg Patty w/ Cheddar Cheese Fresh Fruit	Thursday – 10/14 Grape Juice Turkey Sausage Biscuit Chocolate Chip Breakfast Round
Tuesday – 10/19 Orange Juice Cheese Omelet Cinnamon Squares Cereal Cherry Craisins	Wednesday – 10/20 Grape Juice Oatmeal String Cheese Pancakes & Pancake Syrup	Thursday – 10/21 Cranberry Juice Bran Flakes Cereal Whole Wheat Bagel w/ Peanut Butter Tropical Fruit
Tuesday – 10/26 Cranberry Juice Cinnamon Squares Cereal Hard Boiled Egg String Cheese Tropical Fruit	Wednesday – 10/27 Orange Juice Egg and Cheese Taco Roll Granola Fresh Fruit	Thursday – 10/28 Grape Juice Bran Flakes Cereal Wheat English Muffin Peanut Butter & Assorted Jelly Fresh Fruit



MOVE YOUR WAY



Physical activity can make daily life better. When you're active and strong, it's easier to:



- ✓ Do everyday tasks, like chores and shopping
- ✓ Keep up with the grandkids
- ✓ Stay independent as you get older

And it has big health benefits, too.



- ✓ Less pain
- ✓ Better mood
- ✓ Lower risk of many diseases

How much activity do I need?



- ✓ At least 150 minutes a week of moderate-intensity aerobic activity. Anything that gets your heart beating faster counts.
- ✓ AND muscle-strengthening activities at least two days a week. Do activities that make your muscles work harder than usual.
- ✓ Break it up over the week however you want!



Physical activity can help manage many health problems.



- ✓ Reduce symptoms of arthritis, anxiety, and depression
- ✓ Help keep diabetes and high blood pressure under control

Just getting started?

No problem – start slow and do what you can. Even a 5-minute walk has real health benefits. Mix in stretches and activities to improve your balance. Keep your body flexible and help lower your risk of falls. No matter your age, you can find a way that works for you. So, take the first step. Get a little more active each day. Move your way.

<https://www.myplate.gov/life-stages/older-adults>

Make Food Safety a Priority

Whether you are a home cook, a recipient of a pre-made covered dish, or a caregiver preparing food for your loved one, it's a great time to remember basic food safety practices. Here are some Food Safety 101 tips for now, during this crisis, and anytime:

- 1. Wash hands and all kitchen surfaces thoroughly-** Pay attention to personal hygiene: Wash your hands for 20 seconds before, after, and while preparing food. Also, keep countertops and cutting boards clean.
- 2. Clean and separate food items-** Wash fresh produce before eating or cooking. Separate raw meat, seafood, and poultry from ready-to-eat foods. Harmful germs and bacteria can survive in foods and on equipment unless you follow safe handling practices.
- 3. Cook and store food properly-** Always cook food to its proper temperature using a food thermometer and keep any foods that need to be chilled in the refrigerator. Refrigerate leftovers within two hours. Many leftovers will keep up to four to five days in the refrigerator and up to six months in the freezer.
- 4. Inventory your pantry and refrigerator-** Check and discard items past the "Use By" date. Remember the "Best if Used By" date indicates best flavor but is not a safety date. Most canned goods such as soups can last two to five years.
- 5. Check the food label to make the best choice for you-** Some food choices more than others can help you feel your best and stay active. The food label provides helpful information for those who are monitoring certain nutrients, such as those individuals reducing salt, cutting back on sugar or minimizing intake of highly processed foods.
- 6. Minimize trips to the grocery store and make healthy choices-** Stock your basket with healthy choices from all food groups, including whole grains, lean meats, fruits, and vegetables. If fresh is not an option, choose frozen and canned alternatives which are often more budget friendly.

<https://www.ncoa.org/article/make-food-safety-a-priority>

B I P J R R G K O O K S P M M
 V A Y T E T R E E R E I I N O
 B C R D V B I E A L E M C U G
 J I D R U P W A P G G H K A G
 U A F S E A M P Q B E D T K P
 L D H M P L A M R A F R X A U
 H E B P X A U T U M N A K L G
 L F Z Q S K S U B F T H C N T
 A F P L W E S R D E Y C Y W T
 C X S I D O W R W L X R N P T
 R C J L X Q T F L A C O J A C
 I I N C O O V A M U J P P V U
 I D I B W I O E J A L B I Z H
 P E X R X K H M Q I T Q U E W
 C R S B Y P E W B R M S T C Q



APPLES
 AUTUMN
 BARREL
 BUSHEL
 CIDER
 FARM
 GATHER
 LADDER
 ORCHARD
 PICK
 PIE
 TREE