



Volunteers
of America®

COLORADO BRANCH

Healthy Living

News



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Safe Food Storage Tips

Safe steps in food handling, cooking, and storage are essential in preventing foodborne illness. You can't see, smell, or taste harmful bacteria that may cause illness. Follow these food storage safety tips so the food you serve and eat is at its freshest and healthiest.

Put Open Packages in Air Tight Storage In The Pantry & Refrigerator

Whether it is dry or in the refrigerator, air tight storage is a must. Exposure to air once a package is opened can lead to pantry items going stale. Also insects or pests can get into packaging.

Periodically Check To Make Sure Your Fridge & Freezer Are Adequately Cold

To slow or stop bacteria growth, make sure the refrigerator is at or below 40 degrees Fahrenheit. The freezer should be at or below 0 degrees Fahrenheit.

Cool Hot Foods Before Refrigerating or Freezing Them

When batch cooking or planning to refrigerate or freeze food shortly after cooking, make sure you bring temperature of the food down before placing it in either

the refrigerator or freezer. Placing too hot foods into the fridge or freezer can bring the temperature of the entire freezer or refrigerator compartment up above the acceptable levels mentioned, which can cause safety issues in all foods stored.

Label All Freezer Meals and Leftovers With Date Stored

Label the containers you store food in, to know the date it was cooked and stored. Labeling will help you know what needs to be eaten or used immediately, and what is safe to eat later.

Refrigerate Leftovers Within 2 Hours of Cooking

For optimum food safety all foods should be stored in the refrigerator or freezer within 2 hours of cooking. Keeping hot foods hot (140 degrees (F) or higher) keeps it safe when left out of the refrigerator. Below that temperature, hot foods are safe only for approximately 2 hours and should be stored in the fridge or freezer for future use.



Conquer the Holiday Blues

Traditionally, the holiday season is a lively and exciting time of year. However, factors such as the pressure of planning family activities, striving to meet expectations and times changing can cause a great deal of stress— otherwise know as the “**The Holiday Blues**”.

Luckily, the power to turn those holiday blues into holiday cheer is in your hands!

Below are **three tips** to melt away your holiday stress:

1. Get moving for 30 minutes, 3-5 days per week! Find your way to the nearest Recreation Center or go on a walk with a friend. The weather is better conquered in numbers, especially while exercising.

2. Unwind with 5-10 minutes of meditation a day. Increasing to 10 minutes per day of meditation can decrease stress and boost gratitude in ones life. For more information on how to meditate and for different techniques, research various cell phone applications, books, and research based articles online or the nearest library

3. Don't neglect those fruits and veggies! Even with the best intentions, the holidays can cause many of us to overeat and allow our schedules to interfere with our eating habits. Maintain a well balanced diet, while allowing plenty of room for all those holiday goodies.

Balance is key!



Do you feel like you should be exercising more?

Program includes:

- **Free** hand weights
- **Free** exercise instruction from a Fitness Professional
- **Free** nutrition counseling with a Registered Dietitian
- **Free** motivational calls weekly

Healthy Moves for Aging Program

In the comfort, privacy, and safety of your own home this evidence-based exercise program is designed specifically for people 60 years or more, with one or more chronic health conditions.

Only available to: Denver, Arapahoe, Jefferson, Adams, and Douglas counties

Contact Auburn Dush, HM Program Coordinator,
for more information at 720-264-3342

Aging and Sleep

Along with mental and physical changes that occur as people age, changes in sleep patterns are also normal. Older adults may find it harder to fall asleep and stay asleep, especially if persisted with additional sleep disorders like sleep apnea or insomnia.

What exactly changes? Well, the National Sleep Foundation derives sleep issues from changes in “**sleep architecture**”—or older adults spend more time in lighter sleep cycles than deep sleep cycles.

Getting quality sleep can help make a difference in your quality of life.

Here are **five tips** to get your sleep routine on track:

1. **Have a sleep schedule:** Regulate your sleep by going to bed and waking up at the same time, every day, and weekends.
2. **Practice a bed time routine.**
3. **Avoid naps, especially in the afternoon.**
4. **Exercise daily:** Wearing yourself out is very affective for restful sleep.
5. **Evaluate your bedroom:** Make sure your bed and pillows are comfortable and all distractions are muted.

Roasted Squash Soup

Warm up this holiday season with this yummy and healthy soup recipe!

Ingredients

1. 1 small butternut squash, cut into half-inch pieces
2. 2 teaspoons canola oil, divided
3. 1 cup diced celery
4. 1 1/2 cups diced yellow onion
5. 1 1/2 cups spinach
6. 2 cloves garlic, minced
7. 1 cup diced carrot
8. 4 cups unsalted vegetable stock
9. 1 teaspoon sage
10. 1/2 teaspoon nutmeg
11. 1 teaspoon black pepper

Directions

Heat the oven to 400 F. In a pan, toss squash with 1 tsp of oil. Roast for 40 minutes or until brown. Set aside.



In a large pot, add the remaining oil, celery, onion, spinach, garlic and carrot. Saute over medium heat until vegetables are lightly browned. Add stock, sage, nutmeg, pepper and roasted squash to the pot, and simmer for a few minutes.

Carefully puree soup with a stick blender, or process soup in batches in a blender or food processor. Return pureed soup to pot and bring back to a simmer. Serve.



**Volunteers
of America®**

COLORADO BRANCH

Helping America's most vulnerable™

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The Volunteers of America is a national non-profit, spiritually-based human service organization. Since 1896 Volunteers of America Colorado Branch has been seeking to identify and serve the basic needs of the most vulnerable individuals and families in our community. If you would like information on how you can get involved, please call us at:

303-297-0408

The Nutrition Services Division is funded in part by the Denver Regional Council of Governments Area Agency on Aging

Visit us on the web:
www.voacolorado.org

Food Safety Tip

A weakened immune system puts the body more at risk to serious illness caused from bacteria.

Always wash your hands and surfaces, cook food to the correct temperature, and store food well.

WORD BANK

STORAGE	BALANCE
LEFTOVERS	SLEEP
CHEER	SQUASH

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

Happy Holidays!
 From the
 Volunteers of America

