



PEAS AND CARROTS

Indiana FSSA's Division of Aging

August 2021



Food Safety Fruits & Vegetables

Image by Goumbik from Pixabay

This time of year fresh produce is readily available. Fruits and vegetables are an important component of a healthy eating plan; however harmful germs can be found on them sometimes. It is important to follow the below safety tips from the CDC to enjoy these food groups and to minimize your risk of food borne illnesses.

When at the store or market:

- Select produce that is free from bruises or has damaged spots.
- If buying pre-cut fruits and vegetables, select items that are refrigerated or on ice.
- Keep fruits and vegetables separate from raw meat, poultry, and seafood both in your shopping cart and bags.

When at home:

- Before and after preparing fruits and vegetables, wash your hands, kitchen utensils (i.e. knives, chopping boards, etc), and prep surfaces. (i.e. countertops).
- Before eating, cutting, or cooking, clean fruits and vegetables under running water (even if you do not eat the peel) and dry with a clean paper towel.
- Keep fruits and vegetables separate from raw animal products.
- Refrigerate within 2 hours of cutting, peeling or cooking in a clean container at 40 °F or colder, if outside temperature is warmer than 90°F – refrigerate within 1 hour.

Resource: <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>

Food Safety involves everybody in the food chain.

- Mike Johanns

In This Issue

- ◆ Food Safety
- ◆ National Immunization Awareness Month
- ◆ Word Search
- ◆ Label Decoding
- ◆ Recipe



National Immunization Awareness Month

August is National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life. You have the power to protect yourself and your family against serious diseases [like influenza, shingles, and pneumonia] through on-time vaccination.

During NIAM, the Division of Aging encourages you to talk to your doctor, nurse, or other healthcare professional to ensure you are up to date on recommended vaccines.

You have the power to protect against vaccine-preventable diseases.

- You have the power to protect yourself against serious diseases like shingles, pneumonia, and flu.
- Ask your doctor about vaccines you may need for your age, health conditions, job, or lifestyle.

Vaccines are safe and effective at preventing serious diseases.

- Vaccines work with your body's natural defenses to help safely develop protection from diseases.
- Vaccines are tested before licensing and carefully monitored afterwards to ensure their safety.
- Like all medical products, vaccines can cause side effects. The most common side effects are mild and go away quickly.

Work with your doctor or nurse to stay up to date on recommended vaccines.

- Talk to your doctor or nurse about whether you have missed any vaccines.
- Use CDC's [adult vaccine assessment tool](https://www.cdc.gov/vaccines/imztools/adultvaccineassessment/) to see which vaccines might be recommended for your age, health conditions, job, or lifestyle.
- It is especially important for patients with chronic health conditions to be up to date on recommended vaccinations, since they are at increased risk for complications from certain vaccine-preventable diseases. Talk to your doctor or nurse to make sure you haven't missed any recommended vaccines.

Resources: Introduction from [:https://www.nphic.org/NIAM](https://www.nphic.org/NIAM)

Reprinted from: <https://www.cdc.gov/vaccines/events/niam/parents/key-messages.html>

Graphic: <https://www.cdc.gov/vaccines/events/niam/graphics.html>

WORD SEARCH BANK

ADDITIVES

COMPONENT

CUTTING

IMMUNIZATION

INFLUENZA

MINIMIZE

PEELING

REFRIGERATE

SEAFOOD

SEPARATE

SYNTHETIC

TEMPERATURE

UTENSILS

VACCINE

VEGETABLES

WORD SEARCH

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

Label Decoding

Organic & Certified Organic– The United States Department of Agriculture (USDA) National Organic Program (NOP) sets federal guidelines that products must be grown or processed meeting the standards that address soil quality, animal raising practices, use of additives, and pest & weed control. This is a legal term. For information on the specific standards visit <https://www.ams.usda.gov/grades-standards/organic-standards>.

Natural– There is no formal definition; however the Food and Drug Administration (FDA) considers this to mean that there are no synthetic or artificial additives. It does not address the methods of food production.

Free Range- USDA standard definition that applies to poultry only, states that a bird must have “outdoor access” or “access to the outdoors.” When using this claim, an explanation is required to define the term. Free range can also apply to other animals that have free access to outdoor spaces to forage or graze for food.

Cage Free– not confined in cages; however does not mean that access to outdoors was allowed.

Resources: 1. <https://www.usda.gov/media/blog/2012/03/22/organic-101-what-usda-organic-label-means>
2. <https://www.eatright.org/food/nutrition/nutrition-facts-and-food-labels/understanding-food-marketing-terms>
3. <https://www.greenerchoices.org/free-range/>
4. <https://www.greenerchoices.org/cage-free-mean/>

Summer Vegetable and Pasta Salad

Recipe Source and Reprinted from: <https://www.foodhero.org/recipes/summer-vegetable-and-pasta-salad>

Servings: 6, **Serving Size:** 1 Cup

Nutrition Information: 250 Calories, 5 g Total Fat, 310 mg Sodium, 45 g Total Carbohydrate, 8 g Protein

Ingredients:

3 cups uncooked whole wheat pasta
1 cup chopped broccoli
1 cup peeled and diced cucumber
1 cup sliced summer squash
¾ cup Italian salad dressing

Directions:

1. Cook pasta according to package directions. Rinse with cold water. Place in large bowl.
2. Add remaining ingredients and mix well.
3. Refrigerate leftovers within 2 hours.

Notes:

Use any colorful vegetables you have on hand. Try carrots, cherry tomatoes, green onions or frozen peas.
Flavor boosters: 1 cup diced, cooked chicken or ham; 1 cup garbanzo beans.

Contact Us

Contact the Division of Aging at

1-888-673-0002

Monday through Friday
8 a.m. to 4:30 p.m. EST

or visit us online:
www.in.gov/fssa/2329.htm

Division of Aging
402 W. Washington St.,
P.O. Box 7083, MS21
Room W-454
Indianapolis, IN 46204

PLACE
STAMP
HERE