

# PEAS AND CARROTS

Indiana FSSA's Division of Aging

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**“The best and most efficient pharmacy is within your own system”**

**- Robert C. Peale**



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- ◆ Stress
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**USDA** Food Safety and Inspection Service  
U.S. DEPARTMENT OF AGRICULTURE

## Is it done yet? You can't tell just by looking!

Use a food thermometer to check for the safe minimum internal temperature.



**Fish**

**145°F**



**Red Meat**

Beef, Pork, Veal & Lamb  
(Steaks, Roasts & Chops)

**145°F**

(with a 3-minute rest time)



**Ground Meat**

Beef, Pork, Veal & Lamb  
(Ground)

**160°F**



**Egg Dishes**

**160°F**



**Poultry**

Turkey, Chicken & Duck  
(Whole, Pieces & Ground)

**165°F**

Have more questions? Visit our website at [www.FSIS.USDA.gov](http://www.FSIS.USDA.gov)  
or contact the USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854) or [MPHotline@usda.gov](mailto:MPHotline@usda.gov)



## Play it Safe with Ready-to-Eat Foods

Foods that are ready to eat as purchased and require no additional prep—like yogurt, cereal, sandwiches, and packaged salads—are handy when you're in a hurry or don't want to cook. But, storing these foods safely can mean the difference between a good day and a bad case of food poisoning. Here's how to stay food safe when storing and eating ready-to-eat foods!



### CHILL OUT: USING YOUR FRIDGE AND FREEZER

Staying cool matters when it comes to food. Perishable foods—such as **produce, meat, eggs, dairy,** and **leftovers**—should be refrigerated or frozen within 2 hours, or 1 hour if kept in air temperatures above 90 °F. Divide leftovers into small, covered containers before chilling to keep food safer for enjoying later.

Space it out! Leave room for air to circulate between foods. Use drawers or upper shelves for storing **fruits and vegetables**. Why? To keep them away from raw meat, poultry, seafood, and eggs which can cause cross-contamination.

Take the temperature. Use an **appliance thermometer** to check that your fridge is set to 40 °F or below and your freezer at 0 °F or below. Keep refrigerators and freezers clean by washing the insides frequently with hot, soapy water.

Use it or lose it! Ready-to-eat foods are safest when fresh, so eat them as soon as possible.



### CHECK YOUR SHELF: CABINET AND PANTRY STORAGE

Keep unopened **bags, boxes, cans, and jars** of non-perishable food in a cool, dry place—not above the stove, under the sink, or anywhere temperatures fluctuate.

Rust, dents, and bulges on cans are danger signs! Throw out cans that are damaged or leaking, jars with loose or bent lids, and any foods that have a foul odor.

Think outside the box—clean food packaging before opening (including cartons, containers, and lids of jars and cans). Why? Because contaminants can transfer from exterior surfaces to the insides of packaged foods.



## 5 MICROWAVE MUST-DO'S

Keep leftovers and packaged foods safe by following these steps when using the microwave:

1. Cover food with a paper towel or microwave-safe plate.
2. Follow package directions. Standing time lets food finish cooking, so don't skip it—even if you're hungry or in a hurry!
3. Make sure food rotates to allow for even heating. If your microwave doesn't have a turntable, pause cooking to give it a quarter turn by hand a few times.
4. Use a food thermometer to check that the thickest part of the food has reached a safe minimum internal temperature of 165 °F. If it hasn't, heat it a little longer and check the temperature again.
5. Spills shouldn't stay—wipe them up right away.



## CHOICE FOODS FOR AT-RISK GROUPS

If you are pregnant, nursing, have received an organ transplant, or have a chronic health condition like diabetes, cancer, or HIV/AIDS, you may be at a higher risk for foodborne illness. When choosing ready-to-eat foods, pick:

<b>Bottled or processed juices</b>	instead of	<b>Unpasteurized juices</b>
<b>Fruit or vegetable salads</b>	instead of	<b>Ham, chicken, or seafood salads</b>
<b>Pasteurized cheese</b>	instead of	<b>Unpasteurized soft cheese</b>



## RUN WITH IT

Bringing food on-the-go? Make sure to eat it within 2 hours (or 1 hour if kept in air temperatures above 90 °F) or pack it safely:

<b>Cold foods</b>	pack with ice	<b>Keep below 40 °F</b>
<b>Hot foods</b>	wrap and place in an insulated container	<b>Keep above 140 °F</b>

Check out the **USDA FoodKeeper App** for more info on safe food storage!

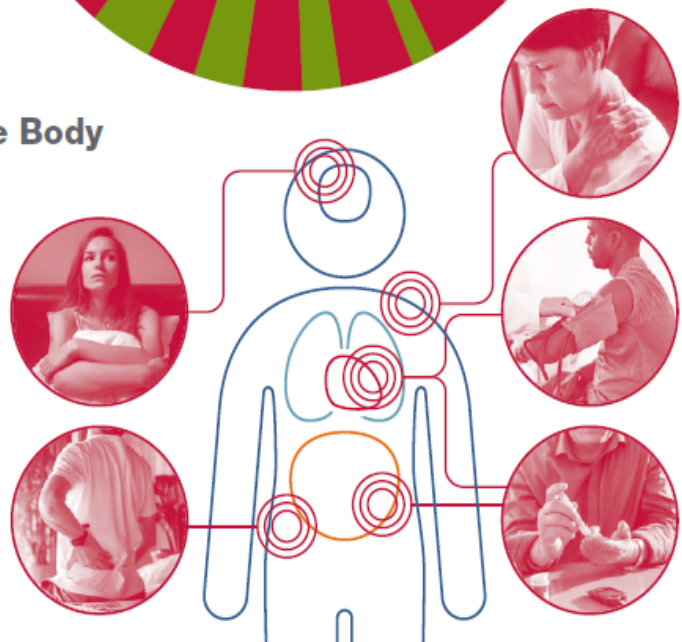


## What Is Stress?

Stress is a physical and emotional reaction that people experience as they encounter challenges in life. When you're under stress, your body reacts by releasing hormones that produce the "fight-or-flight" response. Your heart rate and breathing rate go up and blood vessels narrow (restricting the flow of blood). Occasional stress is a normal coping mechanism. However, long-term stress or chronic stress may contribute to or worsen a range of health problems.

## The Effects of Chronic Stress on the Body

Chronic stress negatively impacts every organ system of the body, down to our cells and molecules: "fight or flight" response overdrive, elevated stress hormones, disrupted sleep, muscle tension, metabolic dysfunction, immune dysregulation, and inflammation. Chronic stress has been linked to the development of some diseases such as cardiovascular disease, diabetes, cancer, autoimmune diseases, and mental illnesses such as depression and anxiety disorders. Using alcohol or drugs to dull the effects of stress can make the problem worse and interfere with sleep.



## Acute Stress, Chronic Stress, and Anxiety. What's the Difference?

- ⊙ **Acute stress** is a response to an external event, such as taking a big test or arguing with a friend. Acute stress goes away once the situation is resolved.
- ⊙ **Chronic stress**, however, lasts for weeks, months, or longer. As you go about your life, your body is acting as if you're being threatened. Causes of chronic stress include routine stress from the demands of work or school; family or money problems; stress from sudden, difficult changes in your life, such as divorce or illness; and traumatic stress, which may happen when you're in danger of serious harm or death.
- ⊙ **Anxiety** is a common mental reaction to stress and can occur even if there is no current threat. Both stress and anxiety can affect your mind and body, and some of the symptoms are the same.

If anxiety doesn't go away or you are struggling to cope, it may be time to talk to a professional.

The National Institute of Mental Health at the National Institutes of Health has information on stress and anxiety. If you are in immediate distress or are thinking about hurting yourself, call, text, or chat 988. This three-digit number will route you to the 988 Suicide & Crisis Lifeline, which is now active across the United States. The Lifeline provides 24-hour, confidential support to anyone in suicidal crisis or emotional distress.

**Whether you are suffering from acute stress, chronic stress, or anxiety, there are simple tools that can help.**

Creating the relaxation response through the use of relaxation techniques and mindfulness can counteract the negative effects of stress. Research evidence is accumulating that these can reduce blood pressure, inflammatory cytokines, and oxidative stress, as well as improve glucose metabolism and sleep.

## How Do I Press Reset on Stress?

There is no drug to cure stress. But we do have access to a built-in “stress reset button” that acts as an antidote to stress. It’s called the relaxation response. In contrast to the stress response, the relaxation response slows the heart rate, lowers blood pressure, and decreases oxygen consumption and levels of stress hormones.

### Chronic Stress increases

Heart rate	Muscle tension
Breathing	Glucose in bloodstream
Blood pressure	Bulldup of plaque in arteries
Oxygen consumption	Risk of diabetes, peptic ulcers, viral infection
Stress hormones	

Slow, deep breathing

Progressive muscle relaxation

Mindfulness

### Relaxation Response decreases

Heart rate	Oxidative stress
Blood pressure	Stress hormones
Inflammatory cytokines	Muscle tension
Elevated blood glucose	

## Pressing Reset on Stress Can Be Done Anywhere, Anytime.

At your desk, in your bed, or doing dishes, simple tools such as deep breathing, progressive muscle relaxation, and mindfulness can produce the relaxation response.

### Slow, Deep Breathing

(also called diaphragmatic breathing)



For deep breathing exercises, take a few slow deep breaths, letting your abdomen expand as you fill up your lungs, then breathe out slowly and completely. Notice where you may be holding some tension—throat, shoulders, chest—and relax so that each breath becomes slower and deeper.

### Progressive Muscle Relaxation

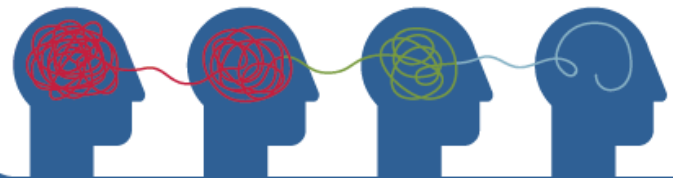


This technique involves relaxing different muscles in your body, progressing from head to toe, or toe to head. Briefly contracting each muscle before relaxing it can help you feel which muscle is tense. At the same time take deep breaths, inhaling through the nose and exhaling through the mouth.

### Mindfulness



For a mindfulness exercise, focus on being aware of what you’re sensing and feeling in the moment—sight, sound, smell, taste, or touch. Mindful body scan practice involves focusing attention on different parts of your body and their sensations in a gradual sequence. You can combine mindfulness with the other muscle relaxation and breathing techniques.



Pressing reset on stress for just a few minutes several times a day can prevent stress from building up and can lead to better sleep, giving you more energy the next day.

For more information about relaxation techniques and mindfulness, visit

[nccih.nih.gov](http://nccih.nih.gov)

## Word Search Bank

### CARDIOVASCULAR

### CHALLENGE

### HEADACHE

### HORMONES

### INSULATED

### INTERNAL

### LEFTOVERS

### MINIMUM

### PERISHABLE

### PRODUCE

### REACTION

### REFRIGERATED

### SNEEZING

### THERMOMETER

## WORD SEARCH

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

## Common Symptoms of a Cold, the Flu, and COVID-19

Learn more at [www.nia.nih.gov/flu](http://www.nia.nih.gov/flu)



\*Symptoms may vary based on new COVID-19 variants and vaccination status.

Common Symptoms*	Cold	Flu	COVID-19
Fever and/or chills		✓	✓
Headache		✓	✓
Muscle pain or body aches		✓	✓
Feeling tired or weak		✓	✓
Sore throat	✓	✓	✓
Runny or stuffy nose	✓	✓	✓
Sneezing	✓		
Cough	✓	✓	✓
Shortness of breath or difficulty breathing		✓	✓
Vomiting and diarrhea		✓	✓
Change in or loss of taste or smell			✓

## Southwestern Waffle

**Recipe Courtesy:** <https://www.eatingwell.com/recipe/269368/southwestern-waffle/>

**Servings:** 1

**Nutrition Info:** 207 Calories, 17g Total Carbohydrates, 6g Dietary Fiber, 2g Total Sugars, 9g Protein, 12g Total Fat, 2g Saturated Fat, 186 mg Cholesterol, 279mg Sodium

### Ingredients:

1 frozen whole-grain waffle  
1 egg, cooked sunny-side up  
1/4 medium avocado, halved, seeded, peeled and chopped  
1 tablespoon refrigerated fresh salsa

### Directions:

Toast waffle according to package directions. Top with egg, avocado, and salsa.

## 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](http://www.in.gov/fssa/2329.htm)

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PLACE  
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