

# Living Well

FAMILY AND CONSUMER SCIENCES NEWSLETTER FOR NORTHEAST COLORADO



## September - October, 2022

### National Food Safety Month

September is National Food Safety Education Month! This is a great time to freshen up on food safety and make sure you are prepared for all the holiday cooking to come! Here are some tips from the CDC to prevent food poisoning.

- Clean – [Wash your hands](#), utensils, and surfaces before, during and after cooking.
- Separate – [Keep raw meat, chicken, turkey, seafood, and eggs](#) separate as they can spread germs and can cause cross contamination if they come in contact with ready-to-eat food, such as . fresh produce.
- Cook – Use a thermometer to make sure foods are cooked to the correct [internal temperature](#). Stick the end of the thermometer as close to the center of the food item as possible to get the most accurate reading.
- Chill – [Refrigerate perishable foods](#) and leftovers within 2 hours, or within 1 hour if the food is exposed to temperatures above 90°F (like a hot car or picnic.)

While it is important to keep food safe for everyone, there are some populations at higher risk. These include:

- Adults aged 65 and older
- Children younger than 5
- People with weakened immune systems
- Pregnant women

For more tips on food safety, visit our Facebook page (link at the end of this newsletter) for more information.

Article adapted from: <https://www.cdc.gov/foodsafety/education-month.html>

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## Nutrition and Aging

Choosing healthy foods is a smart thing to do – no matter your age. Healthy habits like eating well and being physically active can help reduce your risk of chronic diseases such as heart disease, diabetes, and osteoporosis. As the years go by, your lifestyle, activity, and diet will continue to change. Every season of life brings new adjustments to your body. Fall is a good time to pause and assess what adjustments you need to make for optimal health.

### Malnutrition with Age:

Malnutrition occurs when the body doesn't get the right balance of nutrients and calories to stay healthy. Although malnutrition can happen to anyone, older adults are at an increased risk. These changes can lead to fatigue, memory loss, fractures, frailty, and other health problems. Some changes that can happen include:

- Changes in mobility: some people experience changes in physical mobility due to cognitive changes, injury, arthritis, and the loss of vision and hearing, among other conditions. Getting to the grocery store, opening food packaging, being unable to move or stand can make it harder to cook or eat.
- Changes in digestion and/or absorption: some health conditions and medications can affect digestion, including constipation, increased gas, bloating and loss of muscle control that slows the movement of food through the digestive system.
- Diminishing taste and smell: changes in smell and taste can influence the type and amount of food eaten by older adults. It is also associated with a reduced interest in eating and less variation in foods. Some medications can also affect the sense of taste leading to a decreased desire to eat and risk of nutrient deficiency.
- Reduced social contact: older adults who typically eat alone might not enjoy having meals as much and may lose interest in cooking and eating.
- Depression: grief, failing health, lack of mobility, loneliness, and other factors can contribute to depression — which may cause a loss of appetite.
- Inability to eat: Confusion, dementia, weakness or arthritis in arms and hands, dysphagia, vomiting, COPD, poor oral hygiene or dentition, or lack of help while eating can impact nutrition.
- Lack of food: poverty, poor quality diet, problems with shopping and cooking.

### Choose food based on important nutrients:

The U.S. Department of Agriculture MyPlate addresses the unique food needs of people aged 50-plus. Vegetables and fruits have the most acreage — half the plate, to be exact. Another quarter is for grains (especially whole grains), and the final quarter is for protein-rich foods (nuts, beans, low-fat dairy and the like).

### Important nutrients for healthy aging include:

- Vitamin B12—2.4 micrograms/day. Foods high in B12 include fish, shellfish, lean red meat, low-fat dairy, cheese and eggs.

· Folate/Folic acid—400 µg/day. Foods high in folate include dark leafy greens, asparagus, broccoli, citrus fruits, beans, seeds, and nuts.

· Calcium—1,200 mg/day. Foods high in calcium include low-fat milk, kale, sardines, broccoli, yogurt, and cheese.

· Vitamin D—800-2,000 IU/day depending on sun exposure and health conditions. Sources of high Vitamin D include fish, shellfish, low-fat milk, fortified orange juice, and the sun.

· Potassium—4,700 mg/day. Foods high in potassium include avocado, spinach, sweet potato, yogurt, coconut water, and white beans.

· Magnesium—400 mg/day. Foods high in magnesium include dark leafy greens, seeds and nuts, fish, beans and lentils, and brown rice.

· Fiber—30 grams for men and 21 grams for women. Great sources of fiber include avocados, raspberries, blackberries, artichokes, peas, beans, lentils, nuts, and seeds.

· Omega-3 Fats—500 mg/day. Foods high in Omega-3 fats are flaxseed oil, fish and fish oils, nuts, shellfish, soybeans, and spinach.



### Supporting Older Adults in Healthy Eating

Friends, family, and health professionals can support aging adults in achieving a healthy dietary pattern that fits their budget and nutritional needs. Some factors to consider when supporting healthy eating in older adults include:

· Enjoyment of food — Find ways to make food fun! Find a night to eat with friends and family. This can increase food enjoyment and increase social interaction while improving dietary patterns.

· Ability to chew or swallow foods — Experiment with different ways of cooking foods to help identify textures that are acceptable, appealing, and enjoyable for adults as they age, especially if adults have difficulties chewing or swallowing. Remember good dental health is critical to be able to chew food. Smoothies can be a fun and great way to help older adults get the nutrients they need without having to chew.

· Food safety — Practicing safe food handling is especially important for this age group. The risk of foodborne illness increases with age due to a decline in immune system function.

With age-related risk factors associated with malnutrition and inadequate dietary intake, the risk of developing certain chronic diseases and conditions can be significantly reduced and overall quality of life can be improved through adequate and timely nutritional intervention. For adults 50-plus, eating and drinking become more about keeping our systems running optimally by finding the right balance of adequate nutrients and calories to stay healthy. Proper nutrition throughout your lifespan is key in preventing – or diminishing the dangers – of age-related risks.

Article adapted from: <https://extension.oregonstate.edu/pub/pnw-767> Sources: <https://www.ncoa.org/article/eating-well-after-50-5-ways-to-make-healthy-food-choices> <https://hnrca.tufts.edu/myplate> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3396084/>

## Holidays in the Heat?



Although the holiday season is probably the last thing these warm days are reminding us of, we are only slightly over 100 days away and that time will be here before you know it. Multiple celebrations and costs around the holidays can really add up. Don't wait until December to prep your budget! Now is a great time to get started so after all is said and done, you are flooded with memories and not debt.

- Make a List. Think of everyone you want to buy for this year. With the increase in prices of fuel, food and other costs of living, you may need to trim your list. Talk with your family about drawing names instead of buying for everyone, setting a spending limit on gifts, only buying for the kids, or combining funds instead to contribute a gift for a person or family in need.
- Brainstorm gift ideas and costs. Once you know who you are buying for, think about things you can buy or make for each person. If you have been eyeing a DIY Pinterest project, now is the time to determine supply costs and start planning your project so you aren't cramming in November and December.
- Add up the planned amounts. Total up all the gift costs. This will be your Christmas savings goal. Stick to your goal so you won't overspend come December.
- Set up a holiday fund account. Setting up an alternative holiday savings account is a great way to help meet your savings goal. Divide your total savings goal by the number of months left so you know how much to save each month. Determine if you want to set aside money in the fund each week or each pay period. You may even have an option through your employer to have a percentage of your paycheck diverted into this account. If the total you need to save seems overwhelming, revamp some things. Remember, the holidays about valuing each other. They are about valuing each other, celebrating the season, and spending time together.
- Save each month. Where do you get the cash? The quickest way is to look at things you can cut back on in your spending areas. Other options may be picking up extra hours at work; selling something; providing tutoring, babysitting, pet sitting or a dog walking service; cleaning houses; giving music lessons; hiring out for tasks such as yard work, running errands or fix-it jobs, etc. Couponing can add up savings too.
- Track your progress. Create a master list to help track the gifts you have already bought as you accomplish your shopping. Shopping year round allows you to take advantage of sales, find unique items if you are traveling, and lightens the load on your credit card or wallet instead of purchasing everything in November or December.

You will be surprised how taking a little time to plan and save for the holidays now will help make the holiday season and your bank account much less stressed.

## Early School Years Impact Lifelong Success

Remembering how to multiply fractions and diagram sentences can certainly help your child achieve academic success, but Kansas State University child development specialist Bradford Wiles said there is a more basic way parents can spur their children's growth.

"First and foremost," he said, "parents need to be present with their children."

"Parents are children's first teacher (but) as they get into formal schooling, you don't want to maintain that primary teaching role; you want that to be an in-classroom experience. But the support from the child's family – or, the home and school congruence -- is really critical to success."



Being an involved parent helps to understand what is happening in your children's lives.

"It really starts with an environment where what happens at school is something that adults are inquisitive about; that is, they want to know what's going on," he said. "That includes being able to have discussions with children about what's happening at school. Parents should be engaged with their children's lives."

Consider volunteering at school activities and boards, such as PTO. Talk to your child's homeroom teacher regularly, as well as other school personnel such as administrators, coaches, librarians and non-homeroom teachers.

Wiles said: "Ask them questions like, 'are they paying attention and doing what they're supposed to do?' And then involve your child in those discussions. Learn to develop a comprehensive lens that includes your own view, your child's view and the teacher's view in order to understand the full picture."

"Success in school really does start with having an open line of communication with your child's classroom and the school at large."

Wiles said the early years of a child's education are especially important: "A lot of children are really anxious to get older, and yet there's a lack of appreciation for what it takes to be older and successful which are -- in my view -- the things you learn in kindergarten through sixth or seventh grade. We need to recognize that is part of the developmental process. All the things they will learn after that are built on that foundation."

Wiles encourages parents to establish a "family culture" that centers around two things: "My child is important and what they're learning is important for their future."

"Even if they are telling you they are doing things they shouldn't be doing, that is not the time to be upset, angry or disappointed," he said.

"The important thing is to let them know you care about them and you're glad they shared with you. Once you've had a chance to process what they've said, you can figure out what needs to change. But being grateful and encouraging your child to share with you is the foundation of really solid adult-child relationships through late childhood, early adolescence and all the way through to emerging adulthood."

Source: Kansas State University Extension, Pat Melgares, July 11, 2022

## Choosing the Right Produce

Finding Colorado produce that is ripe and available at the proper times of year can not only save our pocketbooks from high off-season prices but help ensure the best quality of produce year-round. By purchasing during the optimal growing season, most produce can easily be preserved by canning, drying, or freezing, making Colorado produce available to your family 12 months out of the year.

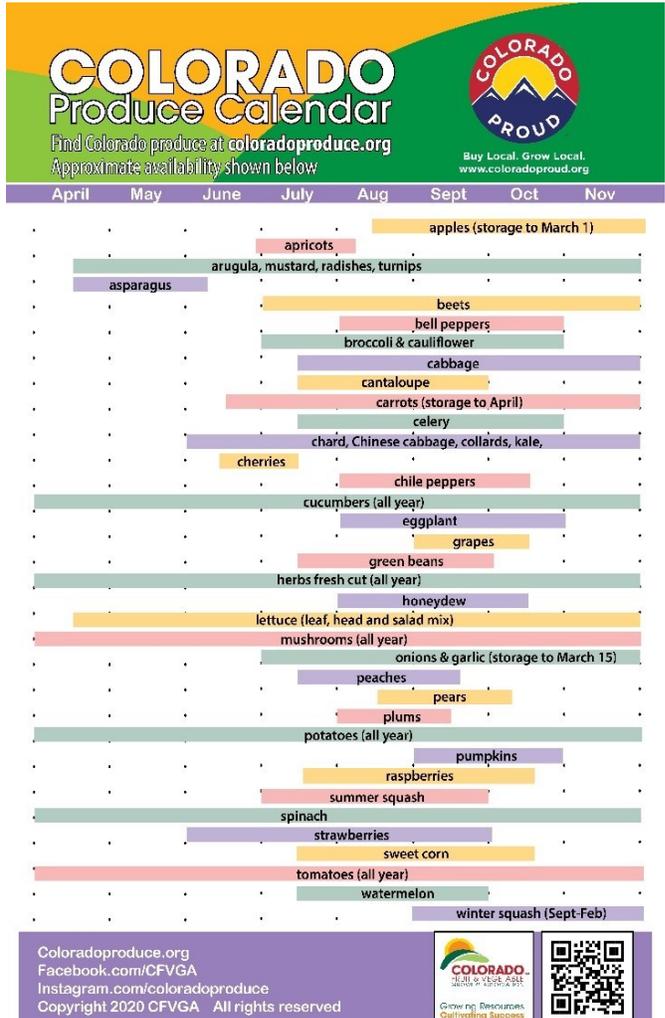
Coloradoproduct.org has great information on which months are the best time to find local Colorado produce. Preserving produce from our own garden, local farmer's market, or even the grocery store can not only be a fun hobby, but also satisfying, knowing the harvest didn't go to waste and can be enjoyed in winter months. Gardening or preserving could even become a side business with the Colorado Cottage Foods Act. Colorado Senate Bill 12-048 allows individuals to produce, sell and store certain types of "cottage food" products in an unlicensed home kitchen that are non-potentially hazardous and do not require refrigeration. The Colorado Cottage Foods Act allows individuals to make and sell a limited range of foods, including spices, teas, dehydrated produce, nuts, seeds, honey, jams, jellies, preserves, fruit butter, flour, and baked goods, including candies, fruit empanadas, and tortillas.

If you are interested in taking a Food Safety Training for Cottage Foods Producers, please visit:

<https://engagement.source.colostate.edu/food-safety-training-for-cottage-foods-producers/> for a list of online classes, or contact your local extension agent for more information.

If you find yourself looking for new ways to eat or preserve some of this fresh produce, visit

<https://foodsmartcolorado.colostate.edu/> for some fun recipes, and safe ways to preserve it!



## Staying Hydrated

Water is essential for biochemical reactions that supply nutrients throughout our bodies, remove waste and maintain blood circulation and body temperature. If we become dehydrated, we might notice muscle cramps, fatigue, or thirst. We often hear different theories on how much water we should be consuming. However, according to doctors, there is no one-size-fits-all formula. It depends on your body, health conditions, medications, and many other factors. It can be easy to forget about hydration, so here are ten tips to help you stay hydrated!



1. Drink plenty of water – Try scheduling times to drink water such as right when you wake up, right before bed, with each meal, after a workout, etc. You should still drink fluids gradually throughout the day.
2. Know the signs of dehydration – Aside from the signs discussed in the opening paragraph, having a headache, feeling dizzy, and dry, itchy, irritated, inflamed, or sensitive skin are all signs of dehydration.
3. Check your urine – Pale urine, similar to the color of straw indicates proper hydration while darker urine is a sign you need more water. A dark yellow or amber color means you may have mild to severe dehydration. Medications and health conditions could affect the color of your urine as well. If you are concerned about the color of your urine, consult with your health care provider.
4. Avoid alcohol, sugary drinks, and/or caffeine – These liquids work against hydration. They are loaded with sugar, sodium, and other ingredients that remove water from tissues.
5. Cool down – Proper hydration is not just about drinking water. It is about regulation of your body temperature too. When working outside, wear light-loose fitting clothing in light colors. Schedule strenuous activity during the cooler times of the day and protect yourself with hats and other shade accessories. Be sure to take breaks often.
6. Eat foods with high water content – Approximately 80% of our water intake comes from drinking water, but the other 20% comes from food! All whole fruits and vegetables contain some water, but cauliflower, watermelon, spinach, broccoli, and grapefruit all contain at least 90% water!
7. Replenish when you sweat – Be sure to drink water when doing physical activity. Your sweat rate, the humidity, and how long you are exercising are all factors to consider when determining how much water you should drink.
8. Choose water during flights – Airports and flights can be very dehydrating. It's not easy to drink as much as you normally would when you are on the go.. Airplanes are known for low-humidity air, which contributes to low hydration. Pack an empty reusable water bottle with you to help you keep up on your water intake.
9. Infuse with flavor – Try sprucing up your water intake by adding a few simple ingredients such as limes, mint or berries to improve the flavor without artificial sweeteners or preservatives.
10. Consider a probiotic – Our bodies are home to both good and bad bacteria. Probiotics are living microorganisms found in yogurt and other cultured foods and supplements that can help improve your body's bacteria and aid in water absorption.

Article Found at: <https://www.frederickhealth.org/news/2019/june/10-tips-for-staying-hydrated-during-the-summer-h/>

## Program Highlights

Aging Mastery class series – We are taking a different approach to this program starting this fall. We will meet every other week from October 5<sup>th</sup>, 2022, to February 15<sup>th</sup>, 2023. Classes will go from 1:00 p.m.- 2:00 p.m. and be offered both in person and online (Zoom)! We will cover the ten chapters provided by the National Council on Aging along with some bonus information. Aging Mastery Program® (AMP) was developed by the National Council on Aging (NCOA) and has been successful at helping older adults build their own playbooks for aging well. For more information, call or email your local extension agent (contact information listed on the first page).



## Upcoming Events!

- **ServSafe Food Handlers Training –**
  - September 14<sup>th</sup> at the Burlington Community Center. Contact McKayla Stephen at (719) 346-5571 or [mckayla.stephen@colostate.edu](mailto:mckayla.stephen@colostate.edu).
  - December 3<sup>rd</sup> at the Morgan County Fairgrounds in Brush. Contact Joy Akey at [joy.akey@colostate.edu](mailto:joy.akey@colostate.edu).
- **Aging Mastery Program (AMP)**
  - Every other Wednesday, starting October 5<sup>th</sup>, 2022 through February 15<sup>th</sup>, 2023. Contact your local Extension Agent for more information or to register.
- **Be sure to check our Facebook page listed below to stay up to date on all our upcoming events.**



**CSU Extension – NE Colorado FCS:** <https://www.facebook.com/CSUExtensionNortheastFCS>

CSU Extension – Phillips County: <https://www.facebook.com/PhillipsCountyExtension/>

CSU Extension – Logan County:

[https://www.facebook.com/csuentensionlogancounty/?\\_tn=%2Cd%2CP-R&eid=ARCS5-NbtiQryVNn5X5I3c5--hwVu-1ZfnhynwZsPotP7AZIVStJaoCEoaVYzZjBFhCH0tHJLHaJxQuQ](https://www.facebook.com/csuentensionlogancounty/?_tn=%2Cd%2CP-R&eid=ARCS5-NbtiQryVNn5X5I3c5--hwVu-1ZfnhynwZsPotP7AZIVStJaoCEoaVYzZjBFhCH0tHJLHaJxQuQ)

CSU Extension – Morgan County: <https://www.facebook.com/extensionmorgancounty/>