

Keep the Kitchen Clean This Food Safety Month

Did you know harmful bacteria such as campylobacter and salmonella can survive on a surface for 24 to 32 hours? Cleaning and sanitizing surfaces are important to prevent food poisoning.

Clean first: Wash away visible dirt and food with hot, soapy water.

Sanitize next: Reduce germs to a safe level after cleaning.

Make your own sanitizer: Mix 4 teaspoons of liquid bleach with 4 cups of cool water.

Use cool water: Hot water can reduce bleach's effectiveness.

Let it air-dry: Apply the sanitizer to the cleaned surface and let it air-dry. Store the mixture in a labeled spray bottle or bucket.

Questions about cleaning and sanitizing? Visit go.illinois.edu/CleanYourKitchen or contact your local Extension office at go.illinois.edu/Find-Us.



Healthy Aging Month: Invest in Yourself

A reminder that we shape healthy aging with the choices we make every day. Research shows that simple, consistent habits can improve physical health, support brain function, and enhance overall well-being.

Keep learning. Take a class, learn a new game, try a hobby, or explore new places to keep your brain active.

Stay socially connected. Spend time with family, friends, neighbors, or community groups to reduce loneliness and improve well-being.

Move your body. Walking, gardening, dancing, and strength exercises help maintain balance, mobility, muscle strength, and independence while reducing the risk of many chronic diseases.

Eat for health. Choose fruits, vegetables, whole grains, lean proteins, and healthy fats to nourish your body and brain.

Prioritize sleep. Aim for seven to nine hours of quality sleep to support memory, mood, and overall health. As American diplomat Adlai Stevenson II said, "Healthy aging isn't about adding years to life; it's about adding life to your years." Small changes today can make a meaningful difference tomorrow.

Resource: [National Institute on Aging](http://NationalInstituteonAging.gov), [Centers for Disease Control and Prevention](http://CentersforDiseaseControlandPrevention.gov), and the [World Health Organization](http://WorldHealthOrganization.org).

French Toast Delight

Servings per recipe: 4

Serving size: 1 slice

Ingredients:

- 1 ripe banana, well-mashed
- 2 eggs
- 1/4 cup nonfat milk
- 1/2 teaspoon vanilla extract
- 4 slices 100% whole wheat bread
- Optional toppings: yogurt, fruit, or applesauce

Nutritional information per serving: 150 calories; 3.5 g fat; 180 mg sodium; 21 g carbohydrates; 1 g dietary fiber; 8 g protein.

Note: Nutrition facts are not calculated with optional toppings.

Directions:

1. Wash hands with soap and water.
2. Beat together mashed banana, eggs, milk, and vanilla in a shallow dish.
3. Warm a large, non-stick skillet over medium-high heat.
4. Spray skillet with non-stick cooking spray.
5. Dip each piece of bread into the batter, turning the bread to coat both sides.
6. Cook the bread in a skillet until browned on both sides and the batter is firm.
7. Optional: top with yogurt, fruit, or applesauce.