

Breakroom Buzz

September is National Food Safety Month: Keep your fridge at 40°F or below



Avoid Listeria infection by:

Eating cheese labeled with "pasteurized milk"



Do not eat hot dogs unless heated to 165°F



Toss cut refrigerated melon after 7 days



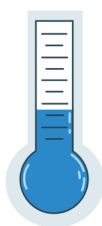
According to the Centers for Disease Control and Prevention, pregnant women are 10x more likely than others to get Listeria infection.



Keep a thermometer in the warmest part of the refrigerator.



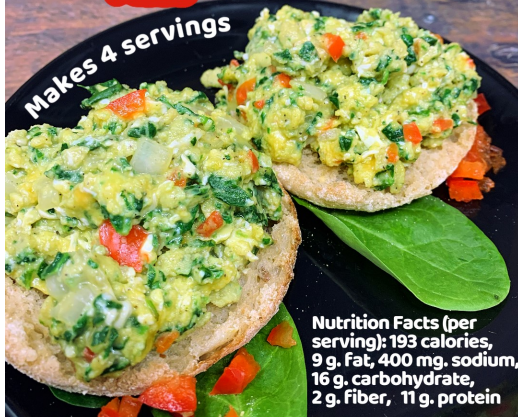
The warmest part of the refrigerator is typically on the top shelf near the door.



Learn more about food safety at extension.illinois.edu/food

Source: Centers for Disease Control and Prevention, 2022.

Scrambled Egg & Veggie Breakfast Pizza



Nutrition Facts (per serving): 193 calories, 9 g. fat, 400 mg. sodium, 16 g. carbohydrate, 2 g. fiber, 11 g. protein

- 4 eggs, beaten
- 2 tsp. olive oil
- 1/4 cup nonfat milk
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/4 cup onion, chopped
- 2 whole wheat English muffins, split and toasted
- 2 Tbsp. red pepper, washed, seeded, and chopped
- 1/2 cup baby spinach, washed, and chopped
- 1/3 cup 2% sharp cheddar cheese, shredded

Directions

1. Wash hands with soap and water. Beat eggs, milk, salt, and pepper in a medium bowl with a whisk.
2. In a skillet, heat oil over medium heat and sauté onions and red pepper for about 3 minutes. Add spinach until leaves start to wilt.
3. Pour egg mixture over sautéed vegetables and stir until egg mixture is scrambled and no liquid egg remains. Stir in cheese until melted.
4. Divide scrambled eggs and vegetable mixture in four servings and serve each over half a toasted English muffin **Yield:** 4 Servings

Source: Find this recipe and more at University of Illinois Extension: Recipes for Diabetes.

I Didn't Know That!

There are 70 million Baby Boomers (born between 1946-1964) and more than 65 million members of Generation X (born between 1965-1980). September is a time when we celebrate Healthy Aging Month. No matter what age you are, we all want to age healthfully.

Here are a few tips to consider so you can maintain a healthy lifestyle:

- ♦ Engage socially with others. Look at avenues to visit with friends and family. Also, think about volunteering for organizations or attending church. Explore possibilities where you can join an association or organization where your interest aligns.
- ♦ Maintain a healthy diet. It is important to have a good relationship with your health provider. Make sure you are getting your check-ups and yearly physicals.
- ♦ Make modifications to your home. Look at removing items in your home or adding devices to prevent falls. Many individuals have rugs in their home, which can be a fall hazard.
- ♦ Cultivate cognitive activities. There are many activities that you can do to keep challenging your brain. Whether it is learning something new or taking brain health classes that can nurture one's brain.
- ♦ Surround yourself with people who make you smile and laugh. Laughing releases endorphins in our brain, which are chemicals that help us feel good.

This month, expand your knowledge about making healthy changes to keep on track to a healthier lifestyle.

Source: Tessa Hobbs-Curley, Family Life Educator; *September is Healthy Aging Month, Nebraska Department of Health and Human Services, 2021.*



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