Dear Friends,

Can you believe Fall is here again? This is the season for cooler weather, pretty leaves, football and yummy foods. Just like each season of our life, we need to slow down, enjoy the scenery and count our blessings.

In this issue you will find information on food safety, exercise and the flu shot. If you have questions, please don’t hesitate to call.
September is Food Safety Month

FOOD SAFETY
CLEANING TIPS

BEFORE... preparing, serving or eating food

- WASH your hands with SOAP and WARM water, SCRUBBING for 15-20 seconds.
- WASH fresh vegetables and fruits thoroughly.
- CLEAN and DISINFECT cutting boards and counter tops.

FREQUENTLY...

- LAUNDER dish cloths and sponges.
- CLEAN and DISINFECT sinks and oftentimes in kitchen surfaces, like the handles on refrigerators, dishwashers, ovens, microwaves, faucets, drawers and cupboards.
- CLEAN the insides of refrigerators and microwave ovens.

AFTER... handling raw meat, fish or poultry

- USE PAPER TOWELS to wipe up raw meat, fish or poultry juices. Discard the paper towels, then CLEAN and DISINFECT any soiled surfaces, such as cutting boards and countertops.
- WASH your hands with SOAP and WARM water, SCRUBBING for 15-20 seconds.
- DISINFECT dish cloths and sponges used to wipe up raw meat, fish or poultry.
- THOROUGHLY WASH forks, knives, plates, platters, containers.

HELPFUL HINT

To disinfect, use liquid household bleach or a disinfectant (antibacterial) kitchen cleaner. Read and follow label directions.

Notes: Only products that display an EPA registration number on the label are approved disinfectants or sanitizers.

An antibacterial hand soap may provide extra protection against germs.

These food safety tips were provided by the American Cleaning Institute. For more information on food safety, visit the ACI website at www.cleaninginstitute.org.
September is Cholesterol Education Month

How much do you know about this substance that is critical to heart health? Test your knowledge:

1. **True** ☐ **False** ☐ Your body needs cholesterol.

2. **True** ☐ **False** ☐ The best time to begin checking cholesterol levels is age 40.

3. **True** ☐ **False** ☐ You want your cholesterol numbers to show a high LDL and a low HDL, and your total cholesterol to stay below 250.

4. **True** ☐ **False** ☐ Lack of exercise is a risk factor for elevated cholesterol.

**Answers**

1. **True**—The body needs cholesterol to function normally. However, too much of the LDL (bad) cholesterol can build up in and block your arteries, putting you at risk for heart disease and stroke.

2. **False**—Experts advise adults to have their cholesterol checked every 5 years starting at age 20.

3. **False**—Desirable cholesterol levels: LDL below 130 mg/dL, HDL above 40, and triglycerides (a blood fat) below 150. Strive to keep your total cholesterol below 200.

4. **True**—Exercise routinely, lose excess weight, don’t smoke, reduce intake of processed foods containing saturated or trans fat, and take prescribed medication.
**Zucchini Garlic Soup**

(Makes 1 1/2 quarts)

- 4 tablespoon unsalted butter
- 1 white onion, sliced
- 8 to 9 large cloves garlic, thinly sliced
- 4 medium zucchini, about 1 1/2 pounds
- 4 cups chicken or vegetable broth
- 1/2 teaspoon powdered ginger
- Salt and pepper

Melt the butter in a heavy 4-quart pot over medium heat. When it foams, add the sliced garlic and onions and cook on medium-low heat for about 10 minutes, or until the onion is soft and translucent. Keep the heat low enough that the garlic doesn’t brown; you want everything to sweat.

When the onions are soft, add the zucchini and cook until soft. Add the broth and bring to a simmer. Simmer at a low heat for about 45 minutes.

Let cool slightly, then blend with an immersion blender until creamy, or transfer to a standing blender to puree. Be very careful if you use the latter; only fill the blender half full with each batch, and hold the lid down tightly with a towel.

Taste and season with ginger, salt and pepper. Like most soups, this is significantly better after a night in the refrigerator to let the flavors meld.

**Ghosts & Pumpkins**

This is an adorable way to get your little goblins to eat healthy! To make the ghosts, cut a banana in half. Place miniature chocolate chips on each half to make the eyes and one regular chocolate chip to make the mouth.

The pumpkins are made from tangerines with small celery sticks used for the stem.
Scarecrow Treats

Ingredients:
1 box yellow cake mix  
1 egg  
1/2 c butter, softened  
3 cups mini marshmallows  
1/2 cup light corn syrup  
1/3 cup sugar  
1/4 cup brown sugar  
1/2 cup peanut butter  
2 tsp. vanilla  
1 1/2 cups peanuts  
1 cup candy corn  

Preheat oven to 350. Mix cake mix and butter until well mixed. Add egg and beat until all mixed together. Press dough mixture into the base of a greased 9 x 13 pan. Bake for 12-14 minutes until edges are light brown or until set. Add marshmallows to the top and return to oven for 1-2 minutes until marshmallows puff up. Remove from oven. Combine corn syrup and sugars in a pot on medium heat. Stir for a few minutes until mixture comes to a boil. Remove from heat. Stir in peanut butter and vanilla until smooth. Add cereal, peanuts and candy corn. Mix well. Pour over marshmallow mixture. Let cool and cut into bars for serving. ENJOY!

Recipe printed from Lil’ Luna: http://lilluna.com

Sweet Potato Pie (serves 8)

The best pies use homemade crust. Choose sweet potatoes that are about the same size so that they’ll cook evenly.

1 (9-inch) single-crust pie dough  
1 1/4 cups packed (8 3/4 ounces) light brown sugar  
1 3/4 pounds sweet potatoes, unpeeled  
1/2 teaspoon salt  
4 tablespoon unsalted butter  
1/2 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg  
1 cup sour cream  
3 large eggs plus 2 large yolks  
2 tablespoons bourbon (optional)  
1 teaspoon vanilla extract

This recipe and tips are from Cook’s Country Magazine, October/November 2013.

Recipe continued on next page
1. Adjust oven rack to middle position and heat oven to 375 degrees. Roll dough into 12-inch circle on lightly floured counter. Loosely roll dough around rolling pin and gently unroll it onto 9-inch pie plate, letting excess dough hang over edge. Ease dough into plate by gently lifting edge of dough with your hand while pressing into plate bottom with your other hand.

2. Trim overhang to 1/2 inch beyond lip of pie plate. Tuck overhang under itself; folded edge should be flush with edge of pie plate. Crimp dough evenly around edge of pie using your fingers. Wrap dough-lined pie plate loosely in plastic and freeze until dough is firm, about 15 minutes.

3. Line chilled pie shell with 2 (12-inch) squares of parchment paper, letting parchment lie over edges of dough, and fill with pie weights. Bake until lightly golden around edges 18 to 25 minutes. Carefully remove parchment and weights, rotate crust, and continue to bake until center begins to look opaque and slightly drier, 3 to 6 minutes. Remove from oven. Let crust cool completely. Sprinkle 1/4 cup brown sugar over bottom of crust; set aside. Reduce oven temperature to 350 degrees.

4. Meanwhile, prick potatoes all over with fork. Microwave on large plate until potatoes are very soft and surface is slightly wet, 15 to 20 minutes, flipping every 5 minutes. Immediately slice potatoes in half to release steam. When cool enough to handle, scoop flesh into bowl of food processor. Add salt and remaining 1 cup sugar and process until smooth, about 60 seconds, scraping down sides of bowl as needed. Melt butter with cinnamon and nutmeg in microwave, 15 to 30 seconds; stir to combine. Add spiced butter; sour cream; eggs and yolks; bourbon, if using; and vanilla to potatoes and process until incorporated, about 10 seconds, scraping down sides of bowl as needed.

5. Pour potato mixture into prepared pie shell. Bake until filling is set around edges but center registers 165 degrees and jiggles slightly when pie is shaken, 35 to 40 minutes. Let pie cool completely on wire rack, about 2 hours. Serve.
10 Tips for Fall Fitness

Experts say fall is a great time to start a fitness program because you will create good habits for the holiday season and upcoming winter months. Here are 10 ways to start making the most of the season.

1. **Take advantage of the weather.** Fall can be a treat for the senses and a great time to exercise outdoors and enjoy cooler temperatures. Walking, hiking and cycling are all awesome in the fall. It doesn’t have to seem like exercise to be a great workout—raking leaves or doing some fall outdoor yard work is a great way to get the heart pumping, and it’s great calorie-burning.

2. **Think outside the box.** Always wanted to learn to tap dance, attempt to box, master the jump rope? Ask any schoolchild: fall is a great time to learn something new. Many classes at gyms and elsewhere get started in the fall, so look around and see if something intrigues you.

3. **Be an active TV watcher.** Many people get geared up for fall premieres of their favorite television shows. While you watch, you can walk or run in place, do standing lunges, do tricep dips off the couch, or lift weights. During commercials, do push-ups or sit-ups. In a one-hour show, you probably have close to 20 minutes worth of commercial interruption.

4. **Integrate exercise into your life.** You already know the obvious suggestions: park farther away from your destination; take stairs instead of elevators; take a walk during your lunch break. Here are a few that are less obvious: Walk around the field while your kids are at soccer practice; conduct “walking meetings” at work; get moving while getting motivated—download inspirational music or a motivational talk to you iPod and listen while you walk for 30 minutes.

5. **Rejuvenate yourself.** Fall is the time to rejuvenate body, mind and spirit. Some suggestions are: get a massage after you run; learn to meditate; take an art class. Treat yourself not just with exercise but other activities that promote wellness.

6. **Remember the 30-day rule.** Try to stick with a fitness program for a month. After a month, behavior patterns will have adapted and it will be much easier to stick with it after that.

7. **Strive for the 3 C’s.** First, exercise takes **Commitment.** **Convenience** means choosing a gym close by or an activity you can do at home, or a time when you’re not likely to be interrupted. Finally, be **consistent.**

8. **Deal with darkness.** Just because it’s 6 p.m. or a.m. and dark, doesn’t mean you can’t work out...just be sure to wear a reflective vest and carry a flashlight. When cycling, affix a light to your helmet or bike.

9. **Dress in layers.** Three layers of clothing is suggested this time of year: An inner layer that is a moisture-wicking fabric; a second layer for warmth; and a protective third layer such as a windbreaker or rainslicker.) UV protection is important so don’t forget the sunglasses.

10. **Find your motivation.** It is important to discover your individual goal whether it is losing weight, strengthening and toning, or preparing for a race or event.

*Article adapted from WebMD http://www.webmd.com/fitness-exercise/features/10-tips-fall-fitness*
Are You Due for a Flu Shot This Fall?

What you need to know to protect yourself from the flu (influenza)

Your first line of defense is to **get a flu vaccine**. The CDC recommends that everyone 6 months and older get vaccinated every year to prevent getting the flu. This is particularly important for:

- Children 6 months - 18 years or everyone 50 years of age or older
- Health care workers
- Residents of long-term care facilities
- Anyone who has a serious long-term health problem with the following: heart disease, asthma, kidney disease, diabetes and other metabolic diseases, anemia and other blood disorders
- Anyone whose immune system is weakened
- Women who are pregnant during flu season

Get vaccinated as soon as the vaccine becomes available in your community. Flu season can begin as early as October. Allow about two weeks after vaccination for antibodies to develop and provide protection. Consult your doctor before getting the shot if you have:

- A serious allergic reaction to eggs or a previous dose of the flu vaccine
- A history of Guillain-Barre Syndrome
- Are ill at the time the shot is scheduled

You may contact your insurance carrier to find out if the shot is covered. If you are a beneficiary of Medicare, Part B of Medicare will pay for the shot.

The best ways to **avoid spreading germs** include:

- Covering your nose and mouth with a tissue when you cough or sneeze
- Washing your hands often with soap and water
- Avoiding touching your eyes, nose and mouth
- Avoiding close contact with sick people
- Staying at home when you are sick

For more information, check out these Internet sites:

- Centers for Disease Control and Prevention, National Immunization Program [http://www.cdc.gov/flu](http://www.cdc.gov/flu)
- UT Center for Community Health Literacy [http://fcs.tennessee.edu/centers/healthlit/index.htm](http://fcs.tennessee.edu/centers/healthlit/index.htm)