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**NUTRITION: STAY HYDRATED THIS SUMMER** 

**RECIPE:** GAZPACHO

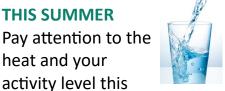
FOOD SAFETY: **STORING LEFTOVER** SOUPS

**FOOD BUDGETING: BASICS FOODS** CHECKLIST



# **STAY HYDRATED THIS SUMMER**

heat and your



activity level this summer. Water is the best option, although frozen popsicles, cold soups, and milk are good options too. Limit caffeinated beverages, which can increase water loss. Eat foods high in water content, like watermelon, cantaloupe, strawberries, cucumbers, lettuce, tomatoes, celery, and zucchini.



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#### **GAZPACHO RECIPE**

For the Soup:

- •3 slices bread (crusts removed and discarded)
- 1 1/4 cups cold water (divided)
- •3 medium tomatoes
- •1 small cucumber
- 1 green pepper
- •2 teaspoons minced garlic
- •1/4 cup extra virgin olive oil
- •1 tablespoon red wine vinegar
- •1/4 teaspoon low-sodium adobo seasoning
- For the garnish:
- •1 small tomato
- •1/2 small red onion
- •1/2 green bell pepper
- 1 hard-cooked egg (finely chopped)

Tear bread into small pieces; transfer to medium bowl and cover with 1 cup water. Soak until bread is saturated, about 15 minutes. Squeeze water from bread, discarding soaking water. In a bowl, blender, or food processor, add bread, tomatoes, cucumber, bell pepper, garlic, and 1/4 cup of water. Blend until well combined. With motor running, add oil in steady stream until well blended. Stir in vinegar, season with low-sodium adobo. Strain pureed soup through small-hole strainer, into soup terrine, pressing firmly to pass all liquid through strainer, discard any solids. Cover terrine; transfer to refrigerator. Chill at least 1 hour. To serve, divide soup evenly among serving bowls. Garnish with tomatoes, onions, peppers, and eggs.



## **STORING LEFTOVER SOUPS**

Soups, like gazpacho and cucumber, are a great way to cool off in the

summer. Many things can be added to broth to make a good soup: vegetables, whole grains, meat, beans, and peas. It is a great way to use up leftover produce in the refrigerator. It is not safe to store a large pot of hot food in the refrigerator. Bacterial growth can still occur in the deepest parts of the hot soup. Do not store foods at room temperature for more than 2 hours. A better way to cool the large pot of soup is to separate it out into smaller portions, in a dish no deeper than 2". Here are a few additional tips to make sure that you are safely storing your leftover soup. Store soup in the refrigerator for 3-4 days. Label and date leftovers. Freeze soup for later use.

#### **BASIC FOODS CHECKLIST**

Having a well-stocked pantry of shelf-stable foods makes meal planning easier. Use this checklist. **Breakfast and Cereals:** Choose whole grain options

Whole grain cereals			Oatmeal					Pancake Mix				
Canned, Jarred or Pouched Foods: Choose low sodium and sugar options												
Canned fruits & vegetables			Soups			Dried fruit			Salsa			Meats
Beans - black, pinto, garbanzo			Nut butter - peanut, almond			Sauces - tomato, spaghetti, pizza			Broths - chicken, beef or vegetable		Fish, chicken	
Grains, Pastas, and Sides: Choose whole grain options												
Whole grain bread	Tortillas and taco shells		Whole grain pastas			Rice, including brown		g Whole grain		crackers		
Snacks: Choose whole grain, low sodium options												
Whole grain crackers Po			opcorn				Nuts (walnuts, almonds			nonds)		
Baking and Cooking Supplies:												
Whole grain flour Sugars			Seasonings and spic-			Oils - olive, c			anola	Vinegars		
Condiments and Salad Dressings: Choose low fat options												
Ketchup Mustard		ard	Мауо		nnaise		Sala	Salad Dressing				

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Sources: Ask the Expert: Six Tips on Staying Hydrated this Summer, Utah State University Extension, unknown; Gazpacho, USDA Choose MyPlate, unknown. Food Safety Tips for Soup, Michigan State University Extension, 2017; Basic Foods Checklist: How to Stock Your Kitchen for Simple Meals, University of Nebraska-Lincoln, 2020.

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