



Extension
UNIVERSITY OF WISCONSIN-MADISON

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SUMMER**

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STAY HYDRATED THIS SUMMER

Pay attention to the 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.



AUGUST 2020

PART 2

STAY HOME. STAY HEALTHY. SENIOR NEWSLETTER

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
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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	Whole grain crackers
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Snacks: Choose whole grain, low sodium options

Whole grain crackers	Popcorn	Nuts (walnuts, almonds)
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Baking and Cooking Supplies:

Whole grain flour	Sugars	Seasonings and spices	Oils - olive, canola	Vinegars
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Condiments and Salad Dressings: Choose low fat options

Ketchup	Mustard	Mayonnaise	Salad Dressing
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Stay Home. Stay Healthy. Senior Newsletter is brought to you by the Fond du Lac and Sheboygan County FoodWise Programs.

Amanda Miller

FoodWise Coordinator
Health & Well-Being
Educator

amanda.m.miller@wisc.edu

Pamela Nelson

FoodWise Educator
pamela.nelson@wisc.edu

Melanie Phillips

FoodWise Educator
melanie.phillips@wisc.edu

Janeth Orozco

FoodWise Educator
janeth.oroazco@wisc.edu

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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