



Extension
UNIVERSITY OF WISCONSIN-MADISON

IN THIS ISSUE

FOOD SAFETY:
SAFE USE OF SANITIZERS
AND DISINFECTANTS

FOOD BUDGETING:
SHORTEN YOUR GROCERY
SHOPPING TRIP

RECIPE:
BERRY BANANA POPSICLES

NUTRITION:
STAY COOL WITH
HOMEMADE POPSICLES



BERRY BANANA POPSICLES

Ingredients:

- 1 cup strawberries, diced
- 1 medium banana, diced
- 2 cups nonfat vanilla yogurt

1. Stir all ingredients together in a medium bowl.
2. Pour mixture into popsicle molds.
3. Freeze for at least 6 hours. Run molds under hot running water until popsicle can pull out easily to serve.



AUGUST 2020

PART 1

STAY HOME. STAY HEALTHY. SENIOR NEWSLETTER

SHORTEN YOUR GROCERY SHOPPING TRIP

Before shopping, remember to wipe down all carts, baskets, and clean your hands. Most stores offer disinfectant wipes, but it is also safe to use your own hand sanitizer. Come to the store prepared with your grocery list already written out. To make your shopping trip quicker, organize your list by where items are located in the store. Buy perishable items, such as meats, dairy, and frozen foods towards the end of your trip. Once at home, disinfect all surfaces that your grocery bags touched. Wash your hands properly (at least 20 seconds with warm, soapy water) after returning from the store.



STAY COOL WITH HOMEMADE POPSICLES

Popsicles are not always the healthiest choice, as most are high in sugar, but low in vitamins and minerals. A way to enjoy these cool treats, while also staying healthy, is to make your own. You don't need any special molds - a small paper cup or reusable cup will work. Insert with a plastic spoon or wooden stick. You also do not need a blender. Just stir the fruit and yogurt or juice together and freeze.

Continued on Next Page ►

SAFE USE OF SANITIZERS AND DISINFECTANTS

When used correctly, sanitizers and disinfectants can be important in helping fight diseases, such as COVID-19. Chemicals must pass certain tests to be classified as either a sanitizer or a disinfectant, or both. Sanitizers: reduce the number of bacteria by a 99.99% in one test. Disinfectants are shown to be effective against 99.99% of bacteria in multiple tests.

One of the most common and cost effective chemicals is sodium hypochlorite (chlorine bleach.) Bleach can be used as either a sanitizer or disinfectant, depending on the concentration and how it is applied. Using the EVERYDAY KITCHEN SOLUTION, only prepare in a well ventilated area.

Before using a bleach solution to sanitize your kitchen, make sure you clean your countertops and surfaces using warm, soapy water. This does not kill germs, but it can remove germs and

lowers the risk of infection. Spray prepared bleach solution onto the cleaned surface. Allow bleach solution to remain for 1 minute. Wipe dry or (even better) allow to air dry. Store in a closed container. Refresh each week.

The Centers for Disease Control (CDC) recommends additional procedures to properly disinfect COVID-19 with a bleach solution in non-kitchen areas, such as bathrooms, sick rooms, etc. where the virus may be present. Compared to the EVERYDAY KITCHEN SOLUTION, the solution must be strong, a 70% alcohol solution or EPA registered disinfectant. For a complete list, visit:

(<https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>). Wear disposable gloves and wash hands immediately after. Allow solution to air dry on surfaces.

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
Fond du Lac and
Sheboygan County
amanda.m.miller@wisc.edu



Pamela Nelson
FoodWise Educator
Fond du Lac County
pamela.nelson@wisc.edu



Melanie Phillips
FoodWise Educator
Fond du Lac and
Sheboygan County
melanie.phillips@wisc.edu



Janeth Orozco
FoodWise Educator
Fond du Lac and
Sheboygan County
janeth.oroazco@wisc.edu

Sources: Safe and Healthy Food for Your Family: Food Safety in the Time of COVID: Cleaning and Disinfecting, University of Wisconsin-Madison Division of Extension, March 2020; Meal Planning and Grocery Shopping during COVID-19, Penn State Extension, April 2020; Popsicles: Healthy and Homemade, Senior Nutrition News, Eat Smart Idaho Program, July 2019.

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program SNAP and Expanded Food and Nutrition Education Program EFNEP.