



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON

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## FEED PEOPLE, NOT LANDFILLS

In one year, about 133 billion pounds of food is wasted. This is about 30-40% of the food in the food supply. Most people don't realize how much food they throw away in a day, week, or month. This can be anything from uneaten leftovers to spoiled perishable foods. This waste breaks down to produce methane gas, a major contributor to climate change. By avoiding food waste, you are not only helping the environment, but saving money. Here are a few tips to avoid the trash can.



SEPTEMBER 2020

Part 1

## STAY HOME. STAY HEALTHY. SENIOR NEWSLETTER

### DON'T WAIT UNTIL YOU'RE THIRSTY TO STAY HYDRATED

The general rule of thumb is to drink 8 - 8 oz. glasses of water a day. This includes water in fruits, vegetables, and other beverages. It is common for people to drink water only when they feel thirst, but it's important to stay hydrated even if our bodies are not thirsty. If we don't drink enough water, a few things can happen to our bodies.

- Gain weight: our bodies can retain every drop of water to protect against dehydration, called "water weight gain."
- Lost energy: our bodies feel tired. Avoid caffeine and drink water instead.
- Confusion and headaches: 80% of our brain is water. Water helps our brain function better.
- Heart and kidneys work harder: our blood thickens if dehydrated. This makes it harder for the heart to pump blood and the kidneys to filter the blood.
- Dry skin: water lubricates the inside and the outside of our bodies.

- Shop your pantry and refrigerator first! Plan your meals around what you already have.
- Plan your menus before shopping. Those that do not meal plan have a more difficult time sticking to a shopping list.
- Create a shopping list. Avoid buying items not on the list.
- Buy only what you will use. Buying in bulk does save money, but only if you are going to use it all.
- Be creative and try using foods in a different way. For example, use stale bread to make **cROUTONS**.
- Better understand product dating. Know the difference between expiration dates, sell by date, and use by dates. Most foods are safe to eat well past the dates on the packages. For more information: <https://food.unl.edu/free-resource/food-storage>
- Compost food scraps instead of throwing them away.

## BASICS OF HANDWASHING

Studies have shown that as many as 95% of surveyed Americans do not properly wash their hands. The most common reason was not washing long enough. In addition, hand washers reported skipping the soap. Keeping your hands clean is one of the most effective and cost efficient ways to prevent the spread of disease. Hands are the most common way that germs spread from one person to another or from a person to a surface. These germs are spread by either not washing hands at all or not properly washing hands. Food borne illnesses can occur from transferring bacteria from feces or other surfaces to foods. In addition, respiratory viruses, like the coronavirus, can spread when mucus or droplets containing the virus get into your body through the eyes, nose or throat.

### Proper Steps to Handwashing

1. Wet your hands under warm water and apply enough soap to create a good lather.

2. Lather your hands by rubbing them together with soap. Be sure to lather the backs and fronts of your hands, as well as between your fingers, under your nails, and upwards towards the wrists.
3. Scrub your hands for at least 20 seconds.
4. Rinse your hands and wrists under clean, running water.
5. Dry your hands using a clean paper towel or air dry them. Avoid towels used by others.

### Wash your hands BEFORE

Preparing and eating foods, Taking care of a sick person, Treating a cut or wound, Drinking, Touching your face or mouth.

### Wash your hands AFTER

Using the restroom, Coughing, sneezing, or blowing your nose, Handling garbage or trash, Taking care of a sick person, Treating a cut or wound, Touching and preparing foods, Working, Gardening or playing outside, Changing baby diapers, Petting an animal, or Handling pet waste or food.

## APPLE CAKE

- 10 tablespoons butter
- 3/4 cup sugar
- 3 eggs
- 1 3/4 cups flour (sifted)
- 2 teaspoons baking powder
- 1 tablespoon lemon rind (grated)
- 2 apples (medium, pared, cored, sliced)
- 2 teaspoons sugar
- 8 tablespoons apricot jam (1/2 cup)

1. Beat butter with sugar until creamy.
2. Add eggs one at a time, beating until well blended.
3. Add flour, baking powder, and lemon rind, beat 4 minutes.
4. Pour into greased 9-inch spring-form pan.
5. Arrange the apples on the batter, sprinkle with 2 teaspoons sugar.
6. Bake 1 hour at 350 degrees.
7. Remove from pan, brush apples with jam, cool.

**Stay Home. Stay Healthy. Senior Newsletter is brought to you by the Fond du Lac and Sheboygan County FoodWise Programs.**

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*Sources: 95% of People Don't Wash Their Hands Correctly, The Atlantic, 2013; The Importance of Handwashing during COVID-19 and Everyday, University of Florida, 2020; A Harvest of Nutrition News, Cornell Cooperative Extension, 2019; FoodSense Vol. 15, Issue 2, Wisconsin Nutrition Education Program, 2015; Food Storage, University of Nebraska-Lincoln, 2020; Apple Cake, USDA Choose MyPlate, unknown.*

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