Peas and Carrots

June 2025

"To plant a garden is to believe in tomorrow."

-Audrey Hepbun

Why Try Flavor Infused Water?

Did you know that water plays a key role in health and may help you get to a healthy weight. Staying well-hydrated helps support the digestion and metabolism of the foods you eat. Drinking a glass or two of water before each meal can help fill your stomach, which may help you feel satisfied with appropriate serving sizes of foods. Although many factors can affect your personal fluid needs, most health experts suggest a starting goal of at least 8-10 cups (2-2.5 liters) of water per day.

If you regularly drink sweetened beverages, you may be less likely to choose water. The following drinks have extra calories with little nutritional benefit:

- soda, juice, lemonade, fruit punch, Kool-Aid, and sport/energy drinks
- flavored coffee drinks or sweet tea

"What CAN I drink?"
Infuse your water with fruits, herbs, edible flowers and/or spices to give your drink a flavor boost that is natural, healthy, and low in calories.

Making infused water is simple. Just add the ingredients to a jar or bottle of water and let it sit for a while. You can drink from a straw or strain out the fruit. You can also purchase an infuser bottle or pitcher that traps the ingredients, but allows the flavor to seep into the water.

Flavor ideas:

1. Lemon (half, thinly sliced) + Blueberries (1/2 cup smashed or sliced in half for more flavor)

2. Watermelon (3/4-1 cup cubed) + Basil (2-3 sprigs)

3. Cherries (½ cup cut or smashed) + Lime (half, thinly sliced)

4. Mango (1/3 cup diced or smashed) + Ginger root (1/4" piece, peeled)

5. Raspberries (1/3 cup-fresh are best) + Peaches (1/3 cup sliced or smashed)

6. Grapefruit (half, peeled and quartered) + Rosemary (1-2 sprigs)

7. Pineapple (¼-1/3 cup chunks or 2-3 rings) + Mint (3-4 leaves)

8. Cucumber (2-3 slices) + Lemon (2-3 slices) + Cilantro (2 sprigs with stem)

9. Kiwi (2-3 slices peeled) + Strawberries (2 sliced)

10. Orange (quartered) + Vanilla extract (1/8-1/4 teaspoon) + Cardamom (½ teaspoon) + Cinnamon (dash)

Age-Related Forgetfulness or Signs of Dementia?

Many people can become more forgetful as they age. Learn the differences between age-related forgetfulness and signs of dementia.

Age-related forgetfulness

- Making a bad decision once in a while
- Missing a monthly payment
- Forgetting which day it is and remembering later
- Sometimes forgetting which word to use
- Losing things from time to time

Signs of dementia

- Making poor judgments and decisions a lot of the time
- Problems taking care of monthly bills
- Losing track of the date or time of year
- Trouble having a conversation
- Misplacing things often and being unable to find them

Talk with a doctor if you notice any changes in memory or thinking that concern you. Learn more at www.nia.nih.gov/memory-and-aging.

NIH National Institute on Aging

What is brain health?

Brain health refers to how well a person's brain functions across several areas.

Motor function
Controlling movements and balance

Sensory function
Seeing, hearing, tasting, and smelling

Tactile function
Feeling and responding to sensations of touch, including pressure, pain, and temperature

Cognitive health
Thinking, learning, and remembering

Emotional function
Interpreting and responding to emotions

Learn more about keeping your brain healthy as you age: **www.nia.nih.gov/brain-health**.

NIH National Institute on Aging

FARMERS MARKET

Food Safety Tips and Guidelines

Quick tips for reducing foodborne illness risks

WASH PRODUCE

Wash produce even if you plan to peel it before eating.

DISINFECT SURFACES

Utensils and surfaces should be cleaned using hot, soapy water and rinsed with clean water. Sanitize them with a solution of 1 tablespoon of unscented, liquid chlorine bleach in 1 gallon of water.

TEMPERATURE CHECKS

Be sure to store foods at proper temperatures (40 °F or below for cold items and 140 °F or above for hot items).

INSPECT FRUIT

Large bruises or cuts, and insect holes can potentially store bacteria that hide and spread rapidly to the inner parts of the produce.

REFRIGERATE

Refrigerate cut or peeled fruits and vegetables within two hours.

CLEAN TOTE BAGS

Frequently wash fabric grocery totes, either in the washing machine or by hand with hot, soapy water and dry them in a hot dryer.

Go to www.usda.gov/farmersmarket !

FOR A SAFE PLATE,

DON'T CROSS-CONTAMINATE

7 Tips to Keep Your Food Safe

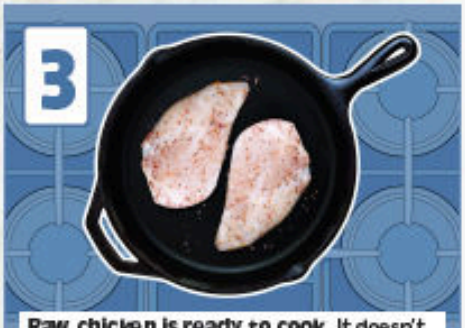
1

Separate meat, poultry, and seafood from other food in shopping cart.

2

Keep raw meat, poultry, seafood, and eggs separate from all other foods in the refrigerator.

3



Raw chicken is ready to cook. It doesn't need to be washed first. Washing it can spread germs to other foods. If you wash it, immediately clean and thoroughly sanitize sink and surrounding area.

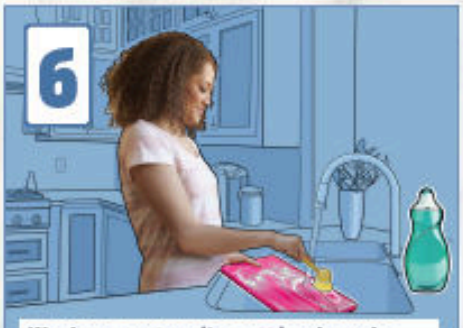
4

Use one cutting board or plate for raw meat, poultry, and seafood and a separate cutting board or plate for produce, bread, and other foods that won't be cooked.

5

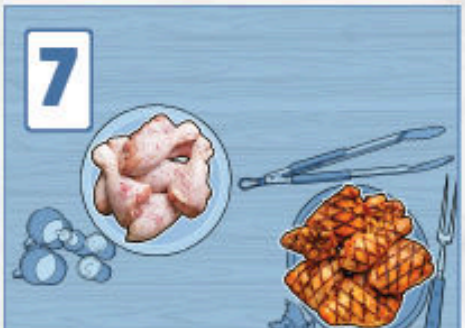
Wash hands for 20 seconds with soap and water after touching raw meat, poultry, seafood, or eggs.

6



Wash your utensils, cutting boards, and countertops with hot, soapy water after preparing raw meat, poultry, seafood, or eggs.

7



Use separate plates for raw meat and cooked meat. The same advice applies to poultry and seafood.

LEARN MORE: cdc.gov/foodsafety

Word Search Bank

BLUEBERRIES
CONVERSATION
DIGESTION
DISINFECT
FLAVOR
FORGETFULNESS
HYDRATED
INFUSED
JUDGEMENTS
MEMORY
METABOLISM
PRODUCE
ROSEMARY
SENSORY
WATERMELON

Word Search

F	W	M	R	X	V	K	O	P	D	S	H	Q	S	F
T	L	J	E	O	P	M	V	I	F	E	Y	M	E	O
C	G	A	D	M	S	Q	G	U	K	N	D	W	I	R
E	O	L	V	Q	O	E	X	B	V	S	R	J	R	G
F	S	D	P	O	S	R	M	I	E	O	A	W	R	E
N	M	B	O	T	R	T	Y	A	U	R	T	Q	E	T
I	I	A	I	E	G	E	I	N	R	Y	E	G	B	F
S	L	O	I	N	F	U	S	E	D	Y	D	T	E	U
I	N	U	M	S	I	L	O	B	A	T	E	M	U	L
D	W	A	T	E	R	M	E	L	O	N	B	C	L	N
S	T	N	E	M	E	G	D	U	J	Q	Q	S	B	E
C	O	N	V	E	R	S	A	T	I	O	N	W	G	S
S	I	N	T	R	Z	W	E	C	U	D	O	R	P	S
Y	M	V	I	B	E	R	T	F	V	N	B	Y	A	Y
R	X	C	H	V	L	M	X	Z	N	U	L	D	N	L

CLEAN

STEP 1: CLEAN

FOOD SAFETY QUICK TIPS

Lather up

Before eating, wash your hands with soap and running water for at least 20 seconds. Count to 20 slowly or sing the "Happy Birthday" song to yourself twice.

Eat clean

Rinse fruits and veggies under running water. Slicing or dicing? Scrub 'em anyway–germs can jump from rinds to the insides during cutting and peeling.

Rules for tools

Wash cutting boards, knives, and other cooking utensils in hot, soapy water or the dishwasher after each use.

Create a safe cooking space

Wash countertops, cooking surfaces, and insides of the refrigerator, freezer, and microwave frequently with hot, soapy water.

Clean it before you crack it open

Wash food packaging, especially lids of cans and jars, before opening.

Find more **Quick Tips on the 4 Steps to Food Safety: Clean, Separate, Cook, Chill** at www.fda.gov/food

EVERYDAY FOOD SAFETY

July 2018

Mango Raspberry Smoothie

Recipe Courtesy: eatingwell.com/recipe/280734/mango-raspberry-smoothie/

Servings: 1 Serving Size: 1 1/2 cup

Nutrition Information: 188 calories; 32g Total Carbohydrate; 6g Dietary Fiber; 23g Total Sugars; 2g Protein; 7g Total fat; 1g Saturated Fat; 52mg Vitamin C; 8mg Sodium; 35mg Calcium; 1mg Iron; 17mg Magnesium; 261mg Potassium

Ingredients:
½ cup water
¼ medium avocado
1 tablespoon lemon juice
¾ cup frozen mango
¼ cup frozen raspberries
1 tablespoon agave (optional)

Directions:
1. Add water, avocado, lemon juice, mango, raspberries and agave (if using) to a blender. Blend until smooth.

Contact Us

Contact the Division of Aging at
1-888-673-0002
Monday through Friday
8 a.m. to 4:30 p.m. EST

or visit us online:
www.in.gov/fssa/2329.htm

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Scan the QR code below to access this month's menu details

SCAN ME