

Health & Wellness



June
2025
Issue 9

Food Safety On-the-Go

This month's Health & Wellness topic is Food Safety On-the-Go! We have tips to keep food safe while enjoying a meal in the warm weather. We also give tips on how to properly store leftovers when it's time to go home.



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Welcome to DuPage Senior Citizens Council/Kane Senior Council's June Health & Wellness Newsletter!

We're here to bring you a new topic relating to wellness as well as new brain teasers, seasonal recipes, book recommendations, and more!

Providing Meals and More...



DuPage Senior
Citizens Council



Kane Senior
Council



Health & Wellness Education

Food Safety On-the-Go

Introduction

Picnic and outdoor-dining season is upon us! Nice weather offers lots of opportunities for outdoor fun with family and friends.

But these warm weather events also present opportunities for **foodborne bacteria** to thrive.



As food heats up in summer temperatures, **bacteria multiply rapidly.**

To protect yourself, your family, and friends from foodborne illness during warm-weather months, **safe food handling** when eating outdoors is a **MUST**.

Food Safety On-the-Go

Starts With

Proper Preparation

Choose meals and snacks that:

- Are easy to pack
- Can withstand **travel** without **spoiling**
- Are **convenient** for on-the-go **consumption**

Choose foods that are travel-friendly:

- Opt for foods that can be stored at **room temperature** for a reasonable time or in a **cooler** with **ice packs**



Prepare & Portion Your Food:

Use reusable containers, zip-top or insulated bags, or insulated lunch bags to store and transport food in pre-portioned amounts

Label containers with the date of preparation and the contents to ensure freshness and safety.

Use an insulated bag or cooler to **keep perishable foods cold.**



Foods that Work Well

On-the-Go



Sandwiches

BLT sandwiches, turkey and cheese roll-ups, egg salad sandwiches



Salads

Salad in a jar, Caprese skewers, chicken Caesar salad



Snacks

Beef jerky, popcorn, hard-boiled eggs, protein bars, string cheese, carrots, grapes, hummus, and celery



Wraps

Veggie hummus wrap, BLT wraps, chicken Caesar salad wraps

Make-ahead meals

Taco lasagna, chicken potpie, slow-cooked pulled pork, baked spaghetti, potato salad.



These meals can be packaged and brought warm for immediate consumption

As with all food preparation, follow **food safety guidelines**, such as washing hands before preparing food and using separate cutting boards for raw and cooked meats.

Keep perishable foods refrigerated until they are packed

Once your item is prepared and you are ready to go,

Ensure That Your Food Stays Safe

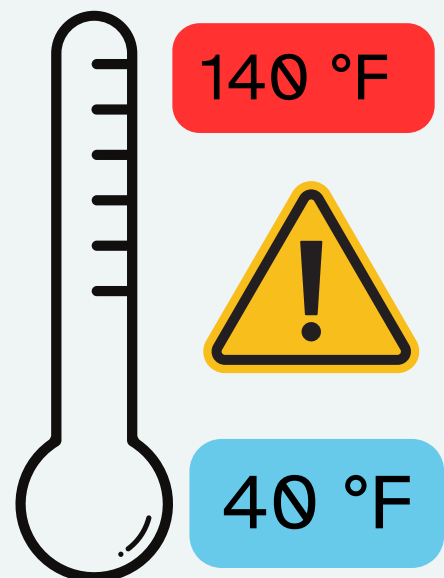
The biggest rule when taking food to eat away from home is to keep **cold foods cold** and **hot foods hot** for as long as possible

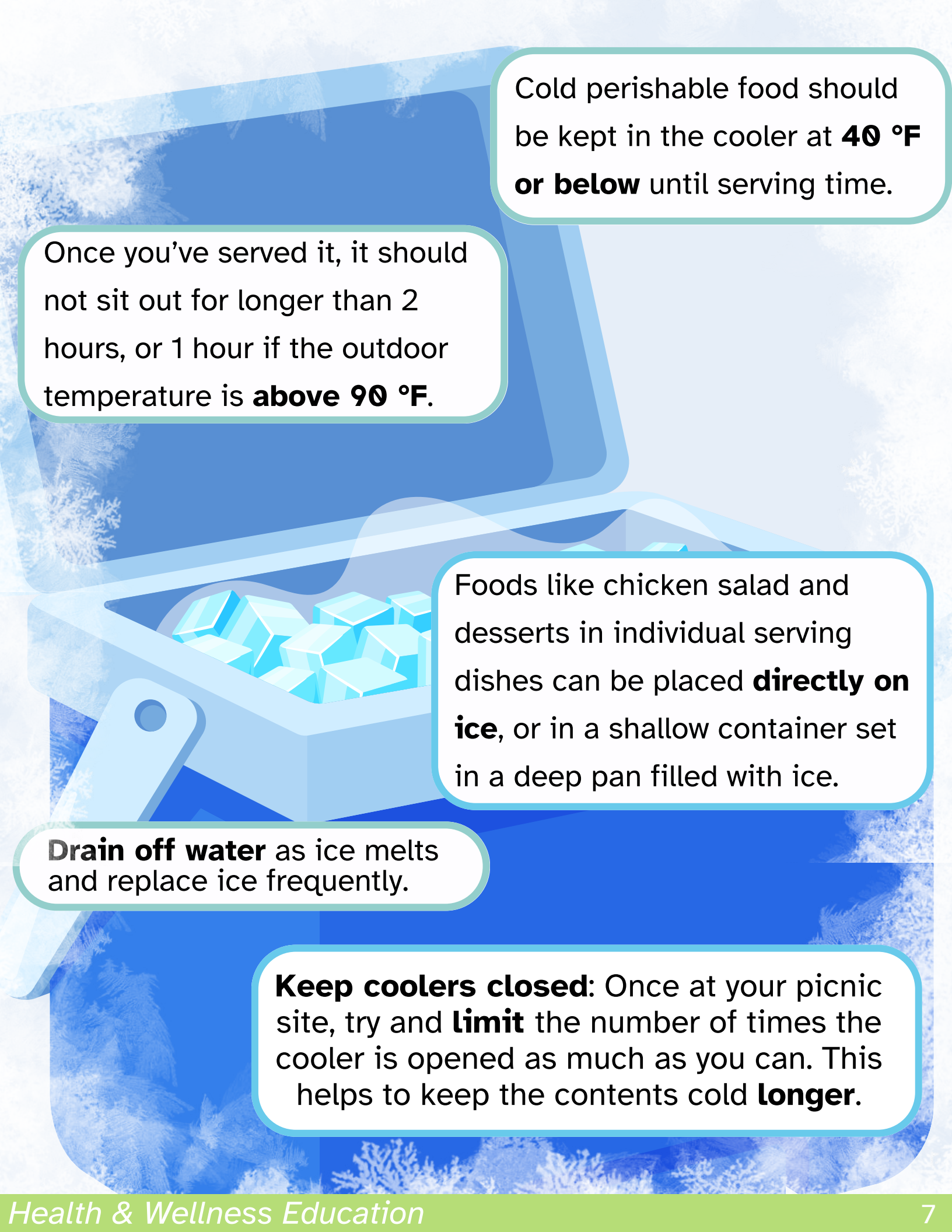
The key is to **never** let your picnic food remain in the **“Danger Zone”** for more than **2 hours**, or **1 hour** if outdoor temperatures are **above 90 °F**

When food enters the Danger Zone, **bacteria** in food can multiply rapidly, and lead to **foodborne illness**.

“Danger Zone”

between 40 °F and 140 °F



A blue cooler is shown with its lid open, revealing a compartment filled with ice cubes. The cooler is set against a background of stylized blue and white snowflakes.

Cold perishable food should be kept in the cooler at **40 °F or below** until serving time.

Once you've served it, it should not sit out for longer than 2 hours, or 1 hour if the outdoor temperature is **above 90 °F**.

Foods like chicken salad and desserts in individual serving dishes can be placed **directly on ice**, or in a shallow container set in a deep pan filled with ice.

Drain off water as ice melts and replace ice frequently.

Keep coolers closed: Once at your picnic site, try and **limit** the number of times the cooler is opened as much as you can. This helps to keep the contents cold **longer**.

Hot food should be *kept hot*, at or above 140 °F

Wrap it well and place it in an **insulated** container until serving

Just as with cold food, hot food should ***not sit out*** for more than 2 hours, or 1 hour in temperatures above 90 °F.

If food is left out longer, throw it away to be safe.



Don't Cross-Contaminate!

If you are bringing **raw meat** to BBQ be sure to keep it **securely wrapped**.

This keeps their juices from **contaminating** prepared/cooked foods or foods that will be eaten raw, such as fruits and vegetables.



Clean Your Produce!

Rinse fresh fruits and vegetables under running tap water before packing them in the cooler.

Dry them with a **clean** cloth towel or paper towel.

Packaged fruits and vegetables that are labeled “ready-to-eat”, “washed”, or “triple washed” need not be washed.



Quick Tips for Picnic Site Preparation

Food safety begins with **proper hand cleaning** - including in outdoor settings.

Outdoor Hand Cleaning: If you don't have access to running water, use a water jug, soap, and paper towels.

Before you begin setting out your picnic feast, make sure **hands** and **surfaces** are **clean**.

Hand sanitizer wipes are also a good option

Keep all **utensils** and **platters** clean when preparing food as well

Grilling and picnicking often go hand-in-hand.

And just as with cooking indoors, there are important guidelines that should be followed

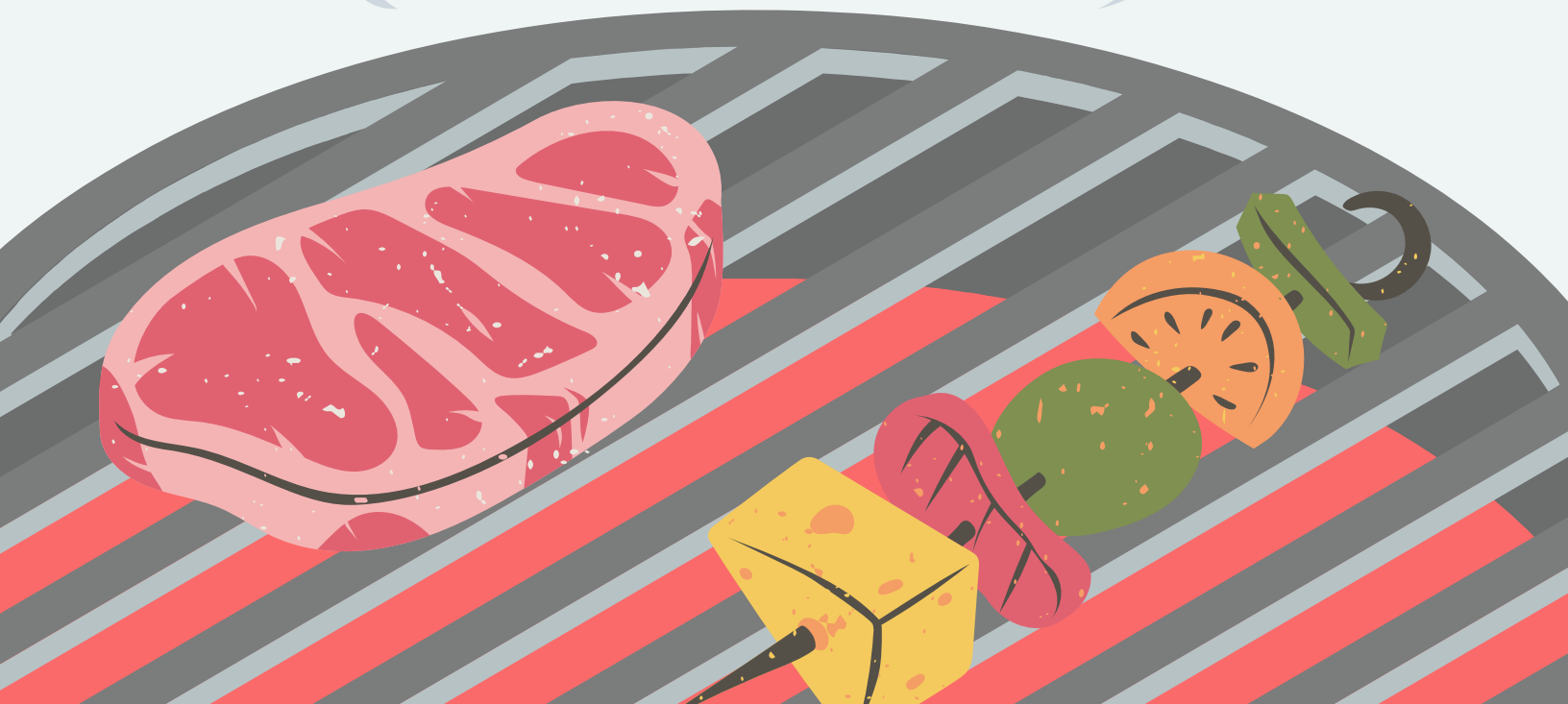


If marinating, always do so in the **refrigerator**, *never* on the counter or en-route to your location and **never reuse marinade**

When it's time to cook the food, have your **food thermometer** ready to be sure your food is cooked thoroughly.

Partial cooking before grilling is only safe when the partially cooked food can go on the hot grill ***immediately***, for example at a home with a grill on the patio or deck.

Never partially cook an item with the intent of grilling it at a later time.



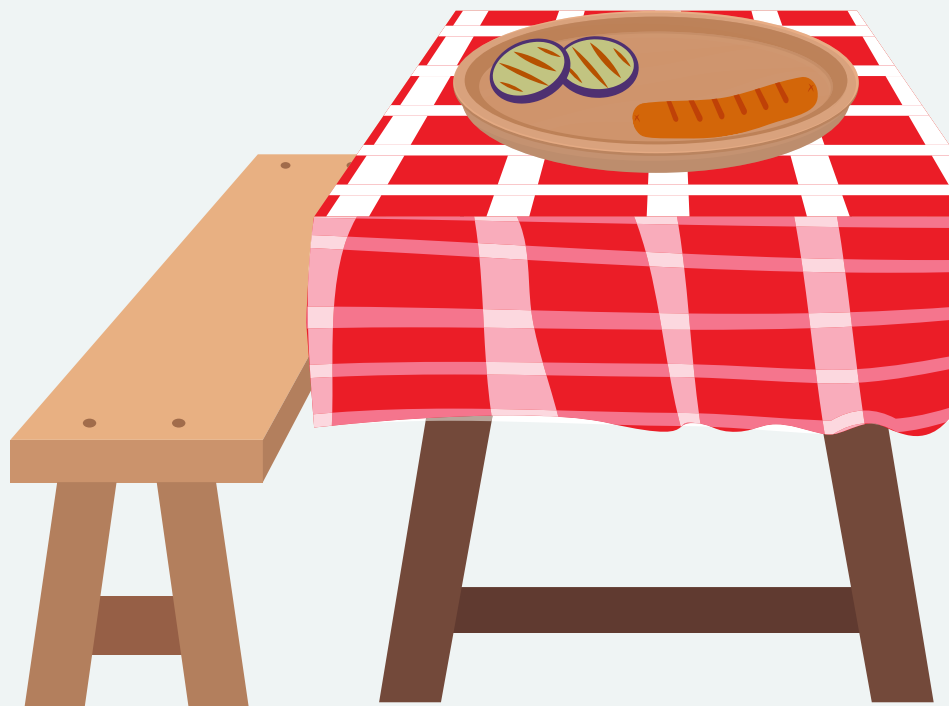
Grilled food can be kept hot until served by moving it to the side of the grill rack, just away from the coals.

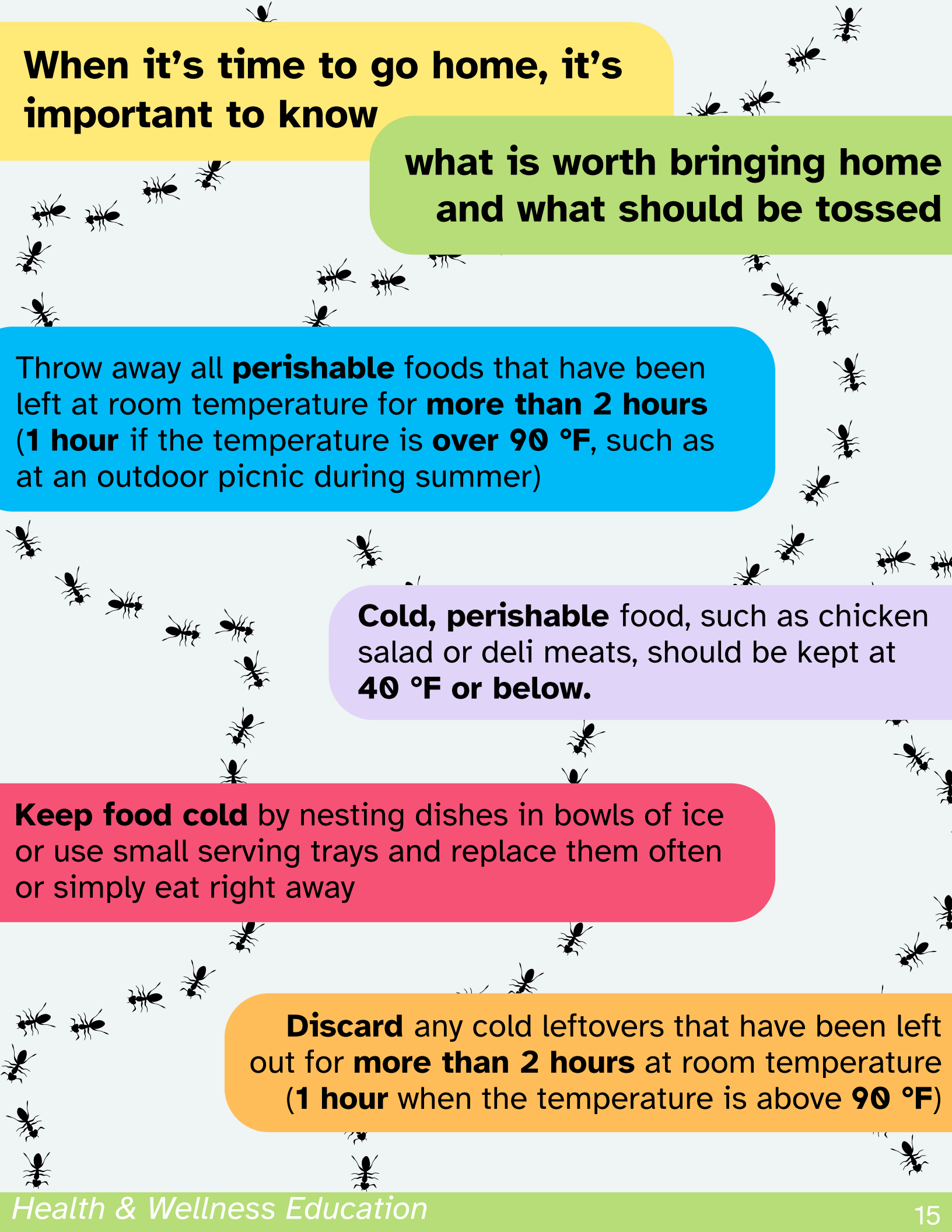
This keeps it hot but prevents overcooking.

Never reuse platters or utensils.

Using the same platter or utensils that previously held raw meat, poultry, or seafood allows bacteria from the raw food's juices to spread to the cooked food.

Always have a **clean platter** and **utensils** ready at grill-side to serve your food



A background illustration of many small black ants crawling across the white space, surrounding the colored text boxes.

When it's time to go home, it's important to know

what is worth bringing home and what should be tossed

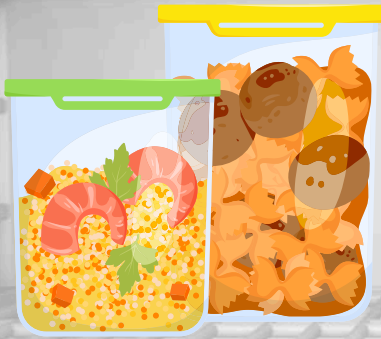
Throw away all **perishable** foods that have been left at room temperature for **more than 2 hours** (**1 hour** if the temperature is **over 90 °F**, such as at an outdoor picnic during summer)

Cold, perishable food, such as chicken salad or deli meats, should be kept at **40 °F or below.**

Keep food cold by nesting dishes in bowls of ice or use small serving trays and replace them often or simply eat right away

Discard any cold leftovers that have been left out for **more than 2 hours** at room temperature (**1 hour** when the temperature is above **90 °F**)

If you do have **leftovers** that are safe to take home, make sure to wrap them in **airtight packaging**, or seal them in **storage containers**.



This helps **keep bacteria out**, retains **moisture**, and prevents leftovers from picking up **odors** from other food.

Immediately **refrigerate** or **freeze** the wrapped leftovers for rapid cooling once home.



Leftovers can be kept in the refrigerator for **3 to 4 days** or frozen for **3 to 4 months**.

Although safe indefinitely, frozen leftovers can **lose moisture** and **flavor** when stored for longer times in the freezer.

Health & Wellness Education

WRAP UP

Proper food **preparation, transport,** and **storage** is key to enjoying a meal outside and staying healthy.

Have a safe, FUN and healthy summer!

For more health and wellness tips, information and resources, visit our website.



BRAIN BOOSTERS

SUDOKU

4	2		3	9				
	5		2		4		6	
3				5	7	2	8	
9			8					7
		1		4		5		
7					3			8
	6	9	5	3				1
	1		9		2		5	
				6	1		2	9

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Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

50 YEAR TRIVIA

What were the most popular boy and girl baby names in 1975?

WORD SEARCH

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

WORD BANK

foodborne

perishable

clean

bacteria

contaminate

safety

preparation

temperature

leftovers

Our Picks of the Month

June Recipe: “Tasty Tomato Tart”

Recipe from: A Place for Mom

Ingredients:

- 1 sheet frozen puff pastry
- 2-3 large tomatoes
- 1 onion, thinly sliced
- 1 cup of your favorite cheese
- 1 teaspoon olive oil
- 1 tablespoon Italian seasoning, or chopped fresh herbs like basil and oregano
- Salt & pepper



Directions:

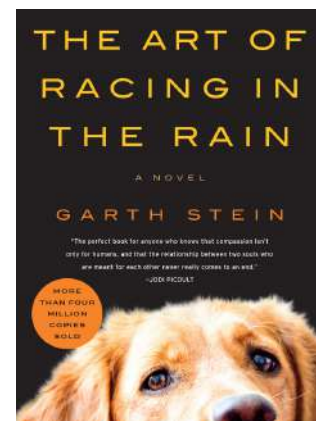
1. Preheat the oven to 425 °F and line baking sheet with parchment paper or nonstick aluminum foil
2. Stretch out the puff pastry on the lined baking sheet. With a fork, poke small holes along the bottom.
3. Add onions and olive oil to a skillet over medium heat. Sauté, stirring frequently, until soft - about 5 minutes
4. Sprinkle cooked onions over the pastry dough, then top with tomato slices so they don't overlap. Sprinkle with cheese and half of your seasoning or herbs. Season with salt and pepper to your tastes
5. Bake for 25 minutes until the crust is golden. Sprinkle with the remaining herbs, cut into squares, and enjoy!

Our Book Pick of the Month

The Art of Racing in The Rain by Garth Stein

A novel following the life of racecar driver Danny Swift and his family from the perspective of his dog, Enzo.

*Also now a major motion picture.



ANSWER KEY

4	2	8	3	9	6	7	1	5
1	5	7	2	8	4	9	6	3
3	9	6	1	5	7	2	8	4
9	3	2	8	1	5	6	4	7
6	8	1	7	4	9	5	3	2
7	4	5	6	2	3	1	9	8
2	6	9	5	3	8	4	7	1
8	1	4	9	7	2	3	5	6
5	7	3	4	6	1	8	2	9

Trivia Answer:

What were the most popular boy and girl baby names in 1975?

Boy Name: Michael

Girl Name: Jennifer

ANSWER KEY

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



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Providing Meals and More...



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From the Council

News & Events

**JUNE
19**

DSCC/KSC Offices and Sites Closed for Juneteenth

All meal sites and offices will be closed on

Thursday, June 19th

Operations Resume: June 20th

**JUNE
26**

Senior Dance Party

4pm - 8pm

Lincoln Inn Banquets

1345 S Batavia Ave

Batavia, IL 60510

RSVP: Call 630-812-6750

by June 20th

**JULY
04**

DSCC/KSC Offices and Sites Closed for Independence Day

All meal sites and offices will be closed on

Friday, July 4th

Operations Resume: July 7th

Print Monthly Meal Menus at:

www.DuPageSeniorCouncil.org/Home-Delivered-Meals-Menus

www.KaneSeniorCouncil.org/Meals-On-Wheels



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