



Nutrition Tips for Healthy Living! May 2022

Produce Food Safety Tips



Heating Instructions for Soups and Regular Chilled Home Delivered Meals

Soup Heating instructions:

Remove cover to vent soup. Microwave 1 or 2 minutes, microwave times will vary; or pour soup in a small pot and heat on stove. Contents will be hot.

Heating Instructions:

- Keep meals refrigerator until ready to eat.
- **Do NOT use toaster oven to reheat home delivered meals.**
- **Conventional Oven** – Set oven at 350F. Place meal on cookie sheet, bake for 15-20 minutes maximum.
- **Microwave** - Peel back plastic film to vent steam, reheat for 2 to 3 minutes. Stir for even cooking. Microwave oven times will vary.
- Reheat meals until reaches internal temperature of 165F.
- Do not leave out in room temperature for more than 2 hours.
- Consume or discard refrigerated meal within 48 hours.

Menu Nutrition Guidelines:

Meals provide one-third the daily recommended dietary allowance.

- ✓ Regular, no added salt (NAS) menu.
- ✓ Calories range 700-800 calories per meal.
- ✓ Total fat content no more than 30%/Cals.
- ✓ Total Calories and Sodium for each meal is provided on menu.
- ✓ Meals are “No Added Salt” regular menus.
- ✓ Meals do not exceed 1200mg sodium per meal, unless noted.
- ✓ Entrée over 500mg sodium marked with asterisk (*), high sodium meals marked.
- ✓ Sodium totals include milk, crackers, and condiments where applicable.

For menu options and nutrition information visit

www.eldercare.org

Purchase Ensure® from SCES

Ensure® \$29.00/case of 24 drinks
 Ensure® Plus \$31.00/case of 24 drinks
 Glucerna Diabetic \$40.00/case of 24
 Flavor Options: Strawberry, Vanilla, Chocolate
 Call Age Info Dept at 617-628-2601
 Delivery options are available

Produce Food Safety Tips (Source: FDA U.S. Food and Drug Administration)

Fruits and vegetables are a healthy part of our diets. Local markets offer many colorful, nutritious, and in-season fruits and vegetables. It is important fresh produce is handled properly to keep safe for you to enjoy. Here are some safety tips on handling fresh fruits and vegetables.

Buying:

- Choose produce that is not bruised or badly damaged
- Ensure precut or sliced fruits and vegetables are refrigerated or surrounded by ice at market for purchase.
- Store fresh produce in separate bags from raw meat, poultry or seafoods to prevent raw juices from dripping on fresh produce.

Storing:

- Store perishable fresh fruits and vegetables in refrigerator, ensure refrigerator temperature is 40F or below. Using a refrigerator thermometer is the best way to make sure.
- Perishable produce may include fresh leafy green vegetables, soft skinned fruits like berries.
- Store pre-cut or sliced packaged produce in refrigerator.
- Refrigerate within 2 hours after you cut, peel or cooked produce.

Separating:

- Use separate, clean cutting boards and utensils for fresh fruits and vegetables and raw meat, poultry, and seafood.

Preparing:

- Always wash hands with warm, soapy water and scrub for at least 20 seconds before preparing food.
- Remove any damaged or bruised areas of produce before using; discard completely any rotten and moldy produce.
- Clean and gently scrub produce under running water, even if outer layer will be discarded, like melons. No special produce soaps or cleaners are recommended.
- Use clean towel or paper towel to dry produce if needed.