



Puzzle Time - Word Find!

Find these words:

- APPLE
- BANANA
- BERRIES
- CARROTS
- CEREAL
- CHEESESTICK
- CHERRY TOMATOES
- CRACKERS
- CUCUMBERS
- DRIED FRUIT
- FRUIT
- GRAPES
- HOT CHOCOLATE
- HUMMUS
- MELON
- NUTS
- PEANUT BUTTER
- PRETZELS
- PUDDING
- SANDWICH
- SWEET POTATOES
- TRAIL MIX
- TART CHERRIES
- TURKEY ROLLUP
- TURMERIC
- WALNUTS
- YOGURT

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

Clam Chowder

A favorite Wintertime soup

- 5 to 6 potatoes
- 1 cup carrots, chopped
- 1 cup celery, chopped
- ¼ cup butter
- 2 heaping Tbsp. all-purpose flour
- 1 tsp. salt
- ½ tsp. garlic powder
- ½ tsp. Old Bay Seasoning
- Pepper to taste
- 3 to 4 cups milk
- 2 cans minced clams, undrained



Cut potatoes into small pieces. Boil potatoes, carrots and celery until potatoes are soft. While the potatoes are boiling, prepare a white sauce in another pan by melting butter. Add flour to melted butter. Remove from burner and mix until smooth. Add salt, garlic powder, Old Bay Seasoning and pepper. Begin adding milk to white sauce while stirring continuously (to prevent lumping and sticking to the bottom). Do not boil. After adding all of the milk, add clams. Drain potatoes, celery and carrots. Mix the vegetables into the white sauce. Cook at low heat 15 to 20 minutes. The potatoes may need to be mashed slightly.

Nutrition Notes

FALL/WINTER 2020

Area Agency on Aging District 7, Inc.

Serving Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton Counties in Ohio

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Going Shopping During COVID-19

To help you reduce the amount of time you spend at the store, create a plan before you go.

Deciding on meals and snacks before you shop can save both time and money. Review recipes and make a grocery list of what ingredients are needed, then check to see what foods you already have on hand and make a list for what you still need to buy.

Organize your list according to the section of the store these items are located in. This will prevent you from having to run from one end of the store to the other. Try to buy perishable items, such as meat, poultry, fish, eggs, dairy and frozen foods, toward the end of your shopping trip to reduce the amount of time they spend at room temperature.

Many stores offer disinfectant wipes to clean your hands and wipe down cart and basket handles before shopping, or you can use your own personal hand sanitizer. And remember to wash your hands when you return from your grocery trip and to put the perishable foods in the refrigerator or freezer right away.

For family or friends that are unable to leave their homes to shop for themselves, ask if food or meal delivery is an option or offer to shop for them.

Can COVID-19 live on fresh fruits and vegetables or food packaging?

According to the U.S. Food and Drug Administration, the Centers for Disease Control and Prevention (CDC), and the U.S. Department of Agriculture, there is currently no evidence to suggest that COVID-19 can be transmitted through food or food packaging. It is believed that the virus spreads from person-to-person through close contact or respiratory droplets, for instance when a person coughs or sneezes. However, it may be possible for viruses to survive on surfaces and objects, reinforcing the need to observe proper hygiene and food safety practices.



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Food Safety Concerns

While practicing food safety and good personal hygiene is always important, handwashing is especially critical in reducing the spread of COVID-19 and should be done often. Before preparing or eating food, it's important to wash your hands with clean water and soap for a minimum of 20 seconds. You should also wash your hands after being out in public, touching your face, coughing, sneezing, blowing your nose, or using the bathroom. If handwashing is not an option, hand sanitizer with at least 60 percent alcohol may be used until soap and water become available. Other practices, such as cleaning and disinfecting countertops and other surfaces can also serve as protection to you and others.



Source: <https://www.eatright.org/coronavirus>

Protect Yourself And Others From Getting Sick

WASH YOUR HANDS

- ✓ After coughing or sneezing
- ✓ After toilet use
- ✓ Before eating
- ✓ When caring for sick people
- ✓ When hands are visibly dirty
- ✓ When preparing food
- ✓ After handling animals

**Questions About Resources
in Your Community?
Call us at 1-800-582-7277**

HEAP Home Energy Assistance Program

Now open for applications for 2020-2021.
This program can help eligible Ohioans manage their heating bills. Applications are available from your local Community Action Agency

If interested or if you have questions, contact your county Community Action Agency or the AAA7 Resource Center at 1-800-582-7277.

Shopping During COVID-19...continued from Page 1

Fruits and vegetables, even if their peel will not be eaten, should be rinsed under running water and dried with a clean cloth or paper towel. It is recommended that firm produce, such as melons or cucumbers, be scrubbed with a clean produce brush. Soap, bleach or commercial cleaning products should never be used when washing fresh produce.

Regular handwashing, along with routine cleaning and disinfecting, especially all frequently touched surfaces, remain the most effective ways to reduce the spread of COVID-19. Get more tips on running essential errands, like going to the grocery store, from the CDC.

Source: <https://www.eatright.org/food/planning-and-prep/smart-shopping/getting-groceries-during-quarantine> - Adapted from: *Getting Groceries During Quarantine*
Reviewed by Sarah Klemm, RDN, CD, LDN - Published February 29, 2020/Reviewed March 2020

How to Disinfect with Bleach

1. Pre-wash surface.
2. Select a bleach containing 5.25 - 8.25% sodium hypochlorite. Only use bleach that has not passed its expiration date.
3. Mop or wipe with a solution of 1/3 cup bleach to one gallon of room temperature water. For a smaller amount of sanitizer, use 4 teaspoons bleach in 1-quart of room temperature water.
4. Allow solution to contact surface for at least 10 minutes or according to manufacturer's recommendations.
5. Rinse well with clear water and let surface air dry.

Additional Notes - Never mix bleach with other cleaners. Bleach solutions will be effective for disinfection up to 24 hours. Wear gloves with use. Ensure proper ventilation during use and after application.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>



Grandma's Best Gingerbread

½ cup shortening ▪ ½ cup sugar ▪ 1 egg, beaten ▪ 2 ½ cups all-purpose flour
1 ½ teaspoons baking soda ▪ 1 teaspoon cinnamon ▪ 1 teaspoon ginger ▪ ½ teaspoon cloves
½ teaspoon salt ▪ 1 cup molasses ▪ 1 cup hot water

- Cream shortening and sugar.
- Add beaten egg.
- Measure and sift dry ingredients.
- Add flour mixture to shortening mixture alternately with liquids a small amount at a time.
- Beat after each addition until smooth.
- Bake in 9"x9"x2" greased pan at 350 degrees 40 to 45 minutes.

