



Happy Valentine's Day From the desk of the OFA Director *Shelley Wagar*

I hope everyone is staying warm and safe this winter season. We are halfway through Winter, and Spring will be here before you know it. Please stay safe in the snow and ice if you must go outside.

I hope you are enjoying your home-delivered meals or your congregate meals. Our vendor, Gateway Industries, tries very hard to meet the needs of our clients and create tasty and attractive meals for all to enjoy. We welcome your feedback- either to me at the Office for the Aging or directly to Gateway. All comments are always welcome.

A few friendly reminders. For the congregate meal attendees, please remember to make a reservation at least one day before coming to the Friendship sites for lunch. I also ask that if you have made a reservation and are unable to attend, please call Gateway to cancel. Their number is **845-331-2180**. I have also had some questions regarding taking leftovers home. I appreciate that no one wants to waste food- whether it be at home or at one of the OFA Friendship sites. However, the purpose of our Senior Nutrition Program is for individuals to come to the sites for fellowship and nutrition. Our meals are prepared based on the Food Pyramid and thus, the meals meet all the requirements for one meal. We encourage all participants to consume the entire meal. Not eating the meal cheats your body out of the nutrients it needs to function well. Please feel free to contact me with any questions you may have.

Shelley Wagar, OFA Director, **340-3578**

NUTRITION CORNER *PROPER HANDLING OF YOUR HOME-DELIVERED MEALS*

*From the desk of the OFA Registered Dietitian **Juanita Bryant, RDN, CDE***

Leaving your hot or cold meal out too long at room temperature can cause bacteria to grow to levels known as "the danger zone"- more specifically, temperature between 40-140 degrees. Follow these simple steps:

Hot meals: Refrigerate your meal if you don't plan on eating it right away. You can always reheat it when you're ready for the meal.

- ✓ Store food in the refrigerator at 40 degrees or below.
- ✓ Reheat your hot meal to a temperature of 165 degrees, bringing soups and gravy to a boil.

Cold meals: Meals delivered cold should be eaten within 2 hours or refrigerated for later in the day.

- ✓ Discard the meal if not consumed in 72 hours.

Frozen meals: Meals delivered frozen or to be frozen should be placed in a freezer with the temperature at 0°F or below. Prior to freezing, remove bread, puddings, jello and fruits. These items are not meant to be frozen with the meal.

- ✓ Reheating your meal: Whether using an oven or a microwave – heat to a temperature of 165 degrees.

Refrigerator storage at 40 degrees or below:

Cooked meat or poultry	3 to 4 days
Pizza	3 to 4 days
Cold cuts (luncheon meats)	3 to 5 days
Egg, tuna, and macaroni salads	3 to 5 days

Freezer storage at 0 degrees or below:

Cooked meat or poultry	2 to 6 months
Pizza	1 to 2 months
Cold cuts (luncheon meats)	1 to 2 months