

# BUZZ, BODY & BITES

Virginia Cooperative Extension  
Family & Consumer Sciences

September, 2020 Newsletter

## Buzz

### FOOD SAFETY

At this time of COVID-19, you may be asking yourself what is and isn't safe. Is it safe to touch food packaging? How about going grocery shopping?

#### Food and Food Packaging

There is no evidence right now that food or food packaging transmits COVID 19. Coronaviruses, like COVID 19, need a living host to grow and cannot grow in food. It is possible that COVID-19 can survive on surfaces or objects, however [1]

The good news is that washing your fruits and vegetables due to concerns about COVID-19 is no different than before! Fruits and vegetables should be washed or soaked in cool running water. Do not wash produce with dish soap or detergent. You should also **not** treat produce with chemical disinfectants at home.[2]



This is the first issue of a newsletter for older adults produced by the Virginia Cooperative Extension. It focuses on current affairs related to living well, exercise, and nutrition.

#### Grocery Shopping

To reduce the risk of exposure to COVID 19, limit your trips to the grocery store. Before going to the grocery store, check your refrigerator and cabinets to see what food you have on hand (fruits, vegetables, grains, protein, and dairy). Then, make a list of the food you plan to use in the next two weeks, and need to purchase to restock your shelves.

Bring a hand sanitizer (wipes or liquids) to the grocery store that contains at least 60% alcohol. Sanitize your hands and the grocery cart handle when you enter the store. As you shop, avoid handling products that you do not intend to purchase. You can select fruits and vegetables by looking at them, rather than picking them up and feeling them. [3]

Stay six feet from others to avoid air transmission of the virus. A shopping cart is about 3 feet

long, so a two-cart distance is 6 feet. Do not crowd around product shelves. Allow people time to finish their selection before approaching and avoid passing patrons in aisles if possible. Many grocery stores require face coverings. The CDC recommends that people use a cloth face covering or mask when in public where it is hard to stay 6 feet apart. You can buy masks or make them from common household items.[3]

If you are 65 or older, ask friends or family if they can do grocery shopping for you. If that is not possible, contact your local grocery store to see if they are offering special hours for older adults. If you have family or friends older than 65 years of age, offer to do their grocery shopping for them.[3]

As you take precautions when purchasing food, remember to treat yourself to whole nutritious foods that provide you with physical and mental strength.

## Southern Banana Pudding



### Ingredients:

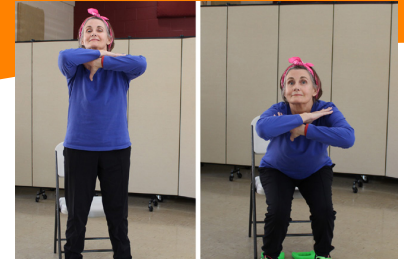
- 3 ¾ cups of cold, fat-free milk
- 2 small packages (4 serving size) fat-free, sugar-free, instant vanilla pudding and pie filling mix
- 32 reduced-fat vanilla wafers
- 2 medium bananas, sliced
- 2 cups fat-free, frozen whipped topping, thawed (8 ounce container)

### Directions:

1. Mix 3 ½ cups of the milk with the pudding mixes. Beat with a wire whisk or rotary beater for two minutes until it is well blended. (If using a hand mixer be sure to use at low speed.) After mixing, let stand for 5 minutes to allow it to begin to set.
2. Fold 1 cup of the whipped topping into the pudding mix.
3. Arrange a layer of wafers on the bottom and sides of a 2-quart serving bowl. Drizzle 2 tablespoons of the remaining milk over the wafers. Add a layer of banana slices and top with one-third of the pudding.
4. Repeat layers, drizzling wafer layer with remaining milk and ending with pudding. Spread the remaining whipped topping over the pudding.
5. Refrigerate for at least 3 hours before serving.

Video of the recipe at *From Our Home to Yours*: <http://bitly.ws/9qze>

## Body



1. Sit toward the front of a sturdy, armless chair with knees bent and feet flat on floor, shoulder-width apart.
2. Lean back with your hands crossed over your chest. Keep your back and shoulders straight throughout exercise. Breathe in slowly.
3. Breathe out and bring your upper body forward until sitting upright.
4. Extend your arms so they are parallel to the floor and slowly stand up while you breathe in.
5. Breathe out as you slowly sit down.
6. Complete one set of 10 repetitions. Rest for 15 seconds, and repeat.

## MIND Games

A	D	M	A	Y	W	I	E	N	E	I	G	Y	H
E	C	G	N	A	S	G	E	G	A	R	U	U	U
E	E	R	S	S	A	C	C	U	W	Y	O	N	E
G	U	H	G	R	O	C	E	R	Y	C	Y	T	U
F	I	E	R	R	E	C	U	D	O	R	P	E	H
N	G	E	E	C	P	N	K	D	S	E	A	K	P
V	S	O	A	E	D	A	W	A	T	E	R	S	N
O	I	S	G	R	H	I	C	T	D	E	A	A	T
N	N	R	I	C	U	D	S	K	C	C	A	M	D
E	A	P	U	P	H	N	N	T	A	E	I	E	S
A	F	A	V	S	Y	C	A	C	A	G	T	C	S
W	E	M	K	A	R	V	Y	E	N	N	E	A	R
G	N	I	H	S	A	W	D	N	A	H	C	F	Y
Y	T	E	F	A	S	V	D	A	H	K	S	E	D

WORD  
SEARCH

VIRUS

FACEMASK

GROCERY

WATER

PRODUCE

SAFETY

PACKAGE

HANDWASHING

HYGIENE

DISTANCE

## RESOURCES

Virginia Cooperative Extension  
Publications: [www.pubs.ext.vt.edu](http://www.pubs.ext.vt.edu)

[1] COVID-19 and Food Safety FAQ: Is Coronavirus a Food Safety Issue? FST-368-15NP.

[2] COVID-19 and Food Safety FAQ: Is Coronavirus a Concern at Grocery Stores? VCE-368-17NP.

[3] Tips for Keeping Yourself Infection Free While Shopping for Groceries During the COVID-19 Crisis. HNFE-919NP.

LIFT Program for more exercises:  
[www.parcilab.org/LIFT](http://www.parcilab.org/LIFT)

**Editors:** Carlin Rafie, PhD, RD, Vanessa Santiago, MBA, and Pegi Wright, MEd

For inquiries or to subscribe, email [buzzbodybites-g@vt.edu](mailto:buzzbodybites-g@vt.edu).