

Quarterly Companion

AROUND THE TABLE

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SUMMER 2023

Food Dates Mean Quality

Food packages come with product dates. These help shoppers know when the quality of food is at its peak. Foods are often safe to eat after the product date, but the quality of the food may be less fresh.

- “Best if Used By/Before” - when a product will be of best flavor or quality.
- “Use-By” - when a product should be eaten or used for best flavor or quality.
- “Sell-By” - when a store should remove the product from a display.

For more on food shelf life, visit fsis.usda.gov/food-safety.

Answer Key: 1.C 2.D 3.A 4.B 5.E

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For best quality, use these foods within their recommended time. Draw a line to match the months or years to the food.

1. Unopened canned tomatoes and fruits	A. 2 years
2. Unopened canned vegetables and meats	B. 4-12 months
3. Dry rice and pasta	C. 12-18 months
4. Frozen uncooked meat	D. 2-5 years
5. Frozen uncooked chicken parts	E. 9 months

When It's Hot Weather, Take Action

According to HealthinAging.org, older adults need to take precautions to avoid health problems when the temperatures rise above 80 degrees.

- **Avoid direct sun exposure.** Plan outdoor activities earlier in the day or closer to sunset. Use sunscreen with sun protection factor (SPF) of 15 or higher.

- **Stay hydrated.** Drink cool water or other liquids that don't contain alcohol or caffeine.
- **Dress appropriately.** Wear loose, light-colored clothing. Avoid dark colors; they absorb heat. Add a lightweight hat, and you are set!

- **Find air conditioning.** If you don't have A/C, spend time reading at the library, shopping or people-watching at the mall, or meeting friends at the local senior center.
- **Cool down.** Take a shower. Sponge baths or applying wet cloths to wrists, armpits, and neck can have the same effect.

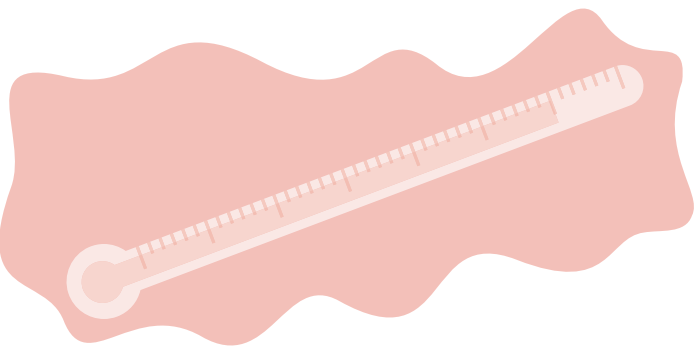
Find an anagram to each word below to decode a tip on dehydration. The decoded words are in the article above.

- | | |
|------------------------|------------------------|
| 1. Mite █ _ _ _ █ | 4. Ware _ _ _ █ |
| 2. Thready █ _ _ _ _ █ | 5. Finders _ _ _ _ _ █ |
| 3. Grained _ _ _ █ _ █ | 6. Recent _ _ _ █ _ █ |

Don't wait until you feel _ _ _ _ _ .

Did you know? Through the federal Low-Income Home Energy Assistance (LIHEAP), adults 65 and older with limited incomes can obtain air conditioners or funds for utility bills. To reach LIHEAP, call 1-866-674-6327. Applications are taken until funds run out.

Answer Key: Mite: Time, Ware: Wear, Thready, Hydrate, Finders: Friends, Grained: Reading, Recent: Center, Missing word: thirst



It's Time to Check Your Credit Report

Even if you are not planning on buying a house or borrowing money, you should still check your credit report to ensure accuracy. Credit reports are a tool to fight identity theft. If someone opens an account in your name, it will appear on your credit report.

Equifax, Experian, and TransUnion offer FREE credit reports weekly, although they are only required to offer free reports once a year.

Access your free credit report at annualcreditreport.com.

Minimize identity theft risk by:

- Reviewing your financial statements
- Checking your credit report
- Considering a security freeze


Checking your credit report is a way to ensure you only have accounts in your name that you opened. The freeze may be inconvenient if you plan to use your credit, but it may protect you by preventing new accounts from being opened in your name.

Learn more about protecting your identity at extension.illinois.edu/finances/avoiding-fraud.

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