

September 7 is Acorn Squash Day!

Baked Acorn Squash

Makes 6 servings

1 acorn squash	1 Tbsp. butter, unsalted
1 medium onion, washed	1/2 lb. cheddar cheese, grated
1 green or red pepper, washed and chopped	2 slices fresh bread

1. Preheat oven to 400F. Wash hands with soap and water.
2. Gently rub produce under cool running water—place squash on a cookie sheet in the oven. Bake for one hour or until a fork pierces the skin easily.
3. Reduce oven heat to 350 degrees Fahrenheit. Cool cooked squash for about 10 minutes or until it cooled enough to handle. Cut the squash in half with a knife and scoop the seeds with a spoon. Throw the seeds away.
4. Scoop out all of the squash into a large mixing bowl, leaving the shell as intact as possible on the cookie sheet.
5. Heat a large skillet on the stovetop with butter, add the chopped onion and pepper, and cook until tender. Add cooked onion and pepper to the squash in the mixing bowl. Mix in the grated cheddar cheese, reserving a handful to mix with the bread crumbs.
6. Spoon the mixture back into the squash shells. Tear the bread into small pieces and combine with the last of the cheese. Sprinkle the bread and cheese mixture on top of the squash mixture inside the shells.
7. Bake at 350F for 20-25 minutes.

Nutrition Facts per serving: Calories 230, Total Fat 15 g, Sodium 280 mg, Total Carbohydrates 14 g, Fiber 2 g, Protein 11 g.



Find this recipe and more at go.illinois.edu/eatmovesave



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Breakroom Buzz

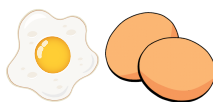
Safety Tips for Handling & Preparing Common Foods



Meat & Poultry

Avoid eating raw or undercooked meat or poultry

Cook meat to a safe internal temperature using a thermometer



Eggs

Avoid using raw eggs for homemade caesar dressing, egg nog, & edible dough

Use pasteurized eggs when making recipes that call for raw or undercooked eggs



Vegetables

Avoid eating unwashed vegetables, including lettuce and salads

Wash all vegetables before using

Source: *Centers for Disease Control and Prevention, 2022*

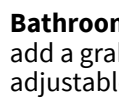


Preventing Falls

September 18-22, 2023, is “Falls Prevention Awareness Week”. According to the National Council on Aging, one-half of falls take place at home. Prevent falls at home, by trying one of these tips:



Stairways-Handrails on both sides of the stairs and ensure you don't leave items on the steps. Make sure the carpet on the steps is attached firmly, and that wooden floors are not slippery. Keep items off the stairs.



Bathrooms-In the shower or bathtub place non-skid mats. Also, add a grab bar in the tub and by the toilet. Buy a shower seat and adjustable-height handheld shower head to make bathing easier.



Bedrooms-Keep a flashlight handy in case the power goes out. It is important to keep the bedroom tidy by not leaving needless items on the floor for it is a tripping hazard. Keep a sturdy chair in your bedroom so you can sit while getting dressed.

Replace bulbs- Replace burnt-out bulbs with bright, non-glare lightbulbs. Night lights are good to have around the house to help with being able to see at night. Although, good lighting in general around the house is a good practice



Simple modifications can help prevent falls and help you live safely in your home.

Source: National Council on Aging, January 7, 2022, “Home Safety Modifications”, Emily Nabors, Prevention Center of Excellence at the University of Southern California Leonard Davis School of Gerontology. Adapted by Tessa Hobbs-Curley, University of Illinois Extension, Family Life Educator

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