



JUNE 2026

THE FEED

Erie County Department for the Aging Nutrition & Wellness News



FEATURES

- ECDA Nutrition & Wellness Pics - 1
- Summer Grilling Guidelines - 2
- Get Involved with ECDA - 2
- Hydration Highlights - 3
- Special Meals, Recipes, Jokes - 3
- Summer Word Search - 4

Look what was cooking in May with ECDA! **Cooking with SASS** at the **Autumnwood Senior Center**, **Garden Club** at the **Grand Island Golden Age Center**, the **Senior Hiking Club** at Hunters Creek, and **University Express** classes that included a history face-off with the County Executive at the **Orchard Park Senior Center**, a class showcasing food from South Asia at the **West Seneca Library** with our own Jennifer Chowdhury, & **Bucket Hat Chef**, Robb Poloncarz, presented **Icelandic** food at the **West Seneca & Lancaster Senior Centers!** Check out page 2 for upcoming events with ECDA!



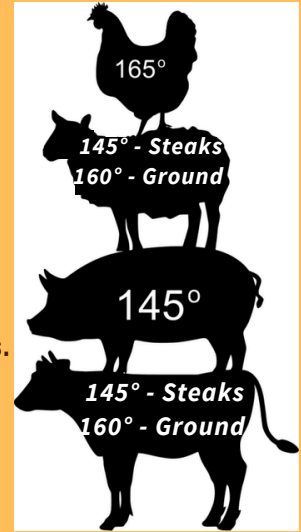


Summer Grilling Guidelines



Grilling is a great way to cook during the summer! Make sure to follow these tips to keep it safe & fun for everyone!

- Always make sure to wash your hands between handling raw & cooked meat & before cooking on the grill.
- Make sure to keep food out of the temperature "Danger Zone" - between 40°F - 140°F - for longer than 2 hours, or longer than 1 hour if outdoor temperatures are above 90°F.
- Marinate meats in the refrigerator.
- Cook food thoroughly & check temperature with a food thermometer.
- Don't reuse platters or utensils that have touched raw meat.
- Only use grill outdoors on a level surface away from your home. Use a grill mat if grill is on a deck.
- Check gas line for leaks before using or changing propane tank - apply mixture of dish soap & water to gas line - bubbles indicate a leak.
- Always open the lid of a gas grill before lighting it.
- Never leave grill unattended while in use.
- Keep kids & pets at least 3 feet from open flames & hot surfaces.
- Wear appropriate clothing - wear closed-toe shoes & avoid clothes that could hang into the flames.
- Always clean grill after each use - grease build-up can cause grill fires.
- Only use charcoal starter fluid for charcoal grills
- Always turn off propane source before turning grill knobs off to depressurize hose safely.
- Keep a spray bottle with water nearby for small fat flares; keep fire extinguisher close by.
- Other tips for safe summer food:
 - Keep cooler lids closed to keep cooler colder longer.
 - Keep ice for drinks separate from other cooler ice - ziploc bags work well.



UNIVERSITY EXPRESS

Erie County Parks Presents: History Tour of The Schenck House

Wednesday, June 3rd
10:00 a.m. - 2:00 p.m.
Sign up at erie.gov/ue

Through Her Eyes: A Family's Journey Beyond Residential Schools

Randy Hoak,
Commissioner of ECDA & his Mom, Jacqueline Hoak
Friday, June 5th, 10 a.m.
Orchard Park Senior Center - Call 716.662.6452 to register

More Fun with ECDA!!

WALK WITH EASE

Akron-Newstead Sr Center
Mon., Wed., & Fri.
10:30-11:30 a.m.
June 1st - July 10th

10 TIPS NUTRITION EDUCATION

Clarence Senior Center
Wednesdays
1:00-2:00 p.m.
June 9th - June 30th

Univerisity Express Book Club: Accidental Gangster by Harriet Grayson
Friday, June 5th at 10:30 a.m.
Tonawanda Senior Center
Call 716.874.3266 to sign up

COOKING WITH SASS

Grand Island Golden Age Center
Tuesdays
10:15-11:15 a.m.
June 2nd - Cooking for One or Two
June 9th - Cooking on a Budget
June 16th - Sneaking in Healthy Ingredients



SENIOR HIKING CLUB

Como Lake
Wednesday, June 24th
at 9:30 a.m.
Visit erie.gov/parks to sign up

FALLS PREVENTION SEMINARS

Hamburg Senior Center
Wednesday, July 15th
1:00 - 3:00 p.m.
Call 716.646.0096 to register

RETIRED SENIOR VOLUNTEER PROGRAM (RSVP) VIRTUAL ORIENTATION

Tuesday, June 16th at 2:00 p.m.
Visit erie.gov/rsvp or call 716.858.7548 to sign up

Hydration Highlights

Warmer summer weather increases the risk of dehydration. Make sure you stay well-watered during the warm weather!

Symptoms of Dehydration:

- Thirst
- Dry mouth
- Irritability
- Fatigue/Weakness
- Headache
- Dizziness
- Confusion
- Low/Dark urine output
- Rapid heart rate
- Low blood pressure
- Sunken eyes
- Decreased skin turgor
- Weight loss

Tips to Stay Hydrated:

- Carry a water bottle & sip frequently
- Drink a glass of water when you first wake up
- Drink water with meals, snacks & medications
- Set a daily fluid goal
- Eat plenty of fruits & vegetables
- Limit alcohol intake



Benefits of Being Hydrated:

- Increased energy/Decreased fatigue
- Improved cognitive function
- Enhanced mood
- Fewer headaches
- Decreased constipation
- Fewer UTIs & kidney stones
- Improved kidney function
- Promotes weight loss
- Prevents muscle cramping
- Removes toxins from body
- Regulates body temperature
- Lubricates joints
- Healthy-looking skin
- Promotes healthy blood glucose

HEALTHY BANANA PANCAKES



Ingredients

- 2 cups whole wheat pastry flour
- 2 Tbs. flaxseed meal
- 2 tsp. ground cinnamon
- 1½ tsp baking soda
- 1½ tsp. baking powder
- ½ tsp. salt
- 2 large ripe bananas
- 2 eggs
- 1 Tbs. pure maple syrup
- 1½ cups nonfat milk
- Yogurt & fruit/nuts for serving

Directions

- Whisk together all dry ingredients in a large bowl.
- In a separate bowl, mash bananas with fork. Whisk in the eggs & syrup until smooth; then whisk in milk.
- Pour banana mixture into flour mixture & stir to combine.
- Heat nonstick skillet over medium heat. Scoop ¼ cup batter onto pan. When pancakes start to bubble, flip & cook until cooked through.
- Serve with desired toppings.

NO SUGAR STRAWBERRY LEMONADE



Ingredients

- 1½ pounds hulled, halved strawberries
- 6 cups cold water
- ⅔ cup freshly squeezed lemon juice
- ½+ cup powdered monkfruit

Directions

- Blend strawberries, 2 cups of water, lemon juice & monkfruit in a blender or using immersion blender.
- Add remaining water & blend.



June Special Meals



Father's Day Lunch
Wednesday June 17th

- Breaded Boneless Pork Chop with Stuffing & Gravy
- Ranch Mashed Potatoes
- Green Beans
- Chef Salad
- Peach Pie

JUNETEENTH LUNCH
THURSDAY JUNE 18TH

- BREADED CHICKEN DRUMSTICKS
- SWEET POTATOES
- SEASONED GREENS
- CORN MUFFIN
- BANANA CREAM PIE

Welcome Summer Lunch
Tuesday June 23rd

- Grilled Chicken, Mandarin & Sunflower Salad
- Wheat Roll
- Chocolate Covered Ice Cream Bar

Give a weed an inch & it will take a yard.

Dad Jokes



I love my step ladder. I never knew my real ladder.

Why did the old man fall down the well? He couldn't see that well.

A cheeseburger walks into a bar. The bartender says, "Sorry, we don't serve food here."

How many ears does Captain Kirk have? Three - the left ear, the right ear & the final front-ear.

I was at the beach when I heard a swimmer yelling for help with a shark circling him. I just laughed... I knew that shark wasn't going to help him!

Why couldn't the bicycle stand up on its own? It was too tired.



Summertime!



J	U	L	Y	F	E	I	G	U	S	G	R	I	L	L
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ANTS
AUGUST
BEACH
BIKE
CAMP
DIVE
FAN
FIREFLY
FRISBEE

GARDEN
GRASS
GRILL
HAZY
HUMID
JULY
JUNE
MOW
OUTSIDE

PLAY
POOL
SAND
SHADE
SPLASH
TENT
WARM
WAVES



Erie County Stay Fit Dining Program

716.858.7639



ERIE COUNTY
DEPARTMENT FOR THE
AGING

716.858.8526

www.erie.gov/aging



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