



# GOLDEN AGERS

Celebrating Seniors, Enjoying Life & Laughter



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## Weird Facts: American Cheese

American cheese is not “real” cheese. The FDA classifies it as a *pasteurized process cheese*, meaning it’s made from cheese blended with other ingredients like milk, cream, whey, and emulsifiers. Only about half of a slice is actual cheese. Sodium citrate, keeps the fats & proteins bonded, so American cheese stays smooth and creamy when heated, unlike aged cheddar, which separates.

In the 1980s, feds began distributing the cheese as part of need-based programs. Suddenly, the unnaturally bright, square food was a source of shame for folks who couldn’t afford to turn it down.

In a time when no cheese had been processed with chemicals yet, the U.S. government needed to figure out what to call this new introduction into the food world, as it couldn’t be classified as “cheese.” They eventually went with “pasteurized process cheese” to separate themselves from traditional cheeses.

When processed cheese began to emerge, traditional cheesemakers were concerned that sales would plummet & their careers would suffer. They pushed for government regulators to ensure people knew what they were getting

wasn’t 100% cheese. They suggested it be called “embalmed cheese” because one of the emulsifiers used in processed cheese was also used to embalm bodies.

American cheese is naturally white, but it’s dyed yellow. Natural cheeses are generally slightly yellow or orange due to the butterfat in cow’s milk. If the cream has been skimmed from the milk, the cheese made from it would be white, indicating its lower quality. So, in the days before the public cared about preservatives or unnatural dyes, cheese makers started using things like saffron and marigolds to brighten their product & make it appear to be premium quality.

In 1911, two food chemists in Europe were trying to lengthen the shelf life of cheese. It was great-tasting and a good source of nutrients, but tended to spoil quickly. By combining Swiss cheese with sodium citrate, it lasted longer.

So, American Cheese is not really cheese, it wasn’t created in America, & it’s not even yellow. It was brought to us in the shape & color we know by a Canadian by the name of James Kraft. So maybe we should refer to it as “Canadian Swiss Cheese” and call it a day.

## Now for the Important Stuff...

### The Month of May is:

- Adopt a Horse Month
- American Cheese Month
- Better Sleep Month
- Drum Month
- Family Reunion Month
- Gardening for Wildlife Month
- Get Caught Reading Month
- Mediterranean Diet Month
- Mystery Month
- National Barbeque Month
- Chamber Music Month
- National Hamburger Month
- National Photo Month
- Military Appreciation Month
- National Salad Month
- National Salsa Month (the sauce)
- National Smile Month
- National Strawberry Month
- Sweet Vidalia Onions Month
- Revise Your Work Schedule Month
- Tennis Month
- Textile Month
- National Family Month

### The Week of May 3-9 is:

- Toad Suck Daze
- Small Business Week
- Flexible Work Arrangement Week
- National Wildflower Week
- Geek Week
- Children's Book Week
- Teacher Appreciation Week

### Some celebrations only last a day:

- 3rd- Garden Meditation Day
- Lemonade Day
- 2 Different Colored Shoes Day
- World Laughter Day
- Lumpy Rug Day

- 4th- Intergalactic Star Wars Day
- Weather Observers Day
- Petite and Proud Day
- 5th- Cinco de Mayo & Taco Tuesday
- International Roller Derby Day
- National Teacher Day
- 6th- Great American Grump Out
- International Nurses Day
- Sauvignon Blanc Day
- Bike & Roll to School Day
- No Homework Day
- Russel Stover Candies Day
- School Nurse Day
- 7th- National Day of Prayer
- Cosmopolitan Day (the drink)
- World Password Day
- 8th- No Socks Day
- National Public Gardens Day
- 9th- Alphabet Magnet Day
- National Archery Day
- National Train Day
- Miniature Golf Day
- National Windmill Day
- National Sleepover Day
- World Belly Dance Day
- World Scotch Pie Day
- World Textile Day

Have a great week & call me if you need a ride to church.

### Serving Him & Loving it!

*Carol*

803-359-2470 or 803-360-7137

*Luke 7:23 ~ "Blessed are those who are not offended by me."*



# MAY