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EFNEP Newsletter

For more information about this and other Cornell Cooperative Extension of Steuben County programs, call 607-664-2300

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Be Food Safe this Thanksgiving



To keep food and guests safe, follow these simple rules for food safety:

- The best way to thaw a frozen turkey is in the refrigerator. Plan 24 hours for every 4-5 pounds, so a 15 pound bird will take about 3 days to thaw. Thaw your turkey in its original packaging and place it on a tray to catch any juices.
- If you don't have room in your refrigerator or you forget to start thawing the bird early enough, you can safely thaw it using cold water. In the sink, cover the turkey (still in its original wrapper) with cold water and change the water every 30 minutes. Plan 30 minutes for every pound, so a 15 pound turkey will take about 8 hours.
- Remember to remove the giblets before cooking. Cook your turkey until the internal temperature reads 165 degrees. Safely roast your turkey in a 325 degree oven. An unstuffed, 15 pound turkey will take about 4 hours to cook. Test the temperature of the turkey with an instant read food thermometer at the innermost part of the thigh and thickest part of the breast and be careful not to hit the bone.
- If you stuff your turkey, stuff it loosely. For safe stuffing, it must also register 165 degrees with an instant read food thermometer. You also can cook the stuffing outside of the bird.
- Leave your turkey, stuffing and other holiday dinner foods at room temperature for no longer than 2 hours.
- Cut the meat off the turkey carcass and refrigerate separately from the stuffing.

In Season: Squash, apples, cabbage, onions

This month you can still buy fresh, locally grown winter squash, cabbage, onions, potatoes, pears and apples. Look for them at road side stands and in your local supermarket.



KORNER

The **EFNEP** program provides nutrition education to low income families and children in counties throughout New York State.

A series of 8 classes is offered to adults in a variety of settings.

Class topics include:
Get Moving
Fruits and Vegetables
Go Lean with Protein
Shop, Plan, Save
Build Strong Bones
Make a Change
Whole Grains
Celebration

A series of 6 classes is offered to youth aged 8-12 in school and at after school locations.

Class topics include:
Cutting Back on Sugary Drinks
Fruits and Vegetables
Make Half your Grains Whole
Power up with Breakfast
Read It Before You Eat It
Healthier Foods Fast

If you or your organization is interested in scheduling classes, please call your local nutrition educator:

607-664-2300



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3 E. Pulteney Square
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PutKnowledgeToWork.org

I Stop by your local public library and borrow "Clifford's First Autumn" by Norman Bridwell. Experience Clifford's first autumn and learn about all of the amazing things he sees. When you finish reading the book, head outside and collect some leaves from as many different trees as you can find. Bring the leaves into the house and have your child make a collage with them by gluing them to a piece of paper. Hang up your child's collage for everyone to see!

Roasted Root Vegetables

Serving size: 1/4 recipe Makes 4 servings

Ingredients:

4 medium-sized root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes)
2 chopped carrots
1 medium chopped onion
3 tablespoons vegetable oil
3 tablespoons Parmesan cheese
1 teaspoon dried rosemary

Instructions:

1. Preheat oven to 450 degrees.
2. Cut root vegetables, carrots and onion into large chunks.
3. Place in a medium bowl and pour oil over top. Add rosemary and Parmesan. Mix well.
4. Spread vegetables in an even layer on a baking sheet.
5. Bake for 40 minutes, then check for doneness by checking their softness with a fork. Continue cooking until vegetables soft.

Roots as vegetables



Adapted from: Montana Extension Nutrition
Education Program

Website Recipes

Montana State University Extension Service

Nutrition Facts: Serving Size - 1/4 of recipe, 180 Calories, 45 Calories from Fat, 5g Total Fat, 25% Calories from Fat, 1g Saturated Fat, 0g Trans Fat, 5mg Cholesterol, 95mg Sodium, 30g Total Carbohydrate, 4g Dietary Fiber, 7g Sugars, 5g Protein, 300% Vitamin A, 10% Calcium, 50% Vitamin C, 8% Iron