



Cornell University
Cooperative Extension



EFNEP Newsletter

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

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Keep Food Safe: serving and storage tips for the holidays

November is a time for sharing and giving thanks. As we pass dishes of food with friends and family it's important to keep food safety in mind. Properly serving and storing leftovers is an important step in preventing food-borne illnesses. Keep these tips in mind to keep food safe.



When Serving Food:

- Keep hot foods hot. 140° F or above.
- Keep cold foods cold. 40° F or below.
- Throw out anything that's been at room temperature for 2 or more hours.
- Have serving spoons in each dish- this helps stop cross-contamination or having the bacteria from one food spread to another.

When Storing Leftovers:

- Store leftover food immediately. The longer food sits out the more bacteria can grow on it.
- Make sure refrigerators and freezers are at the proper temperature. Refrigerators should be below 40°F and freezers should be kept at 0°F. This prevents bacteria from growing.
- Keep your refrigerator and freezer clean. Old spills or spoiled foods can cause bacteria to grow.
- Keep all food in containers or cover trays with foil or plastic wrap.

Making Family Meals Fun

- ◇ Get everyone involved!
- ◇ Give everyone a job to do before, during, and after the meal.
- ◇ Focus on each other. Turn off the TV, video games, and cell phones.
- ◇ Set a relaxing mood! Play soft music and decorate the table.
- ◇ Set ground rules. Choose rules that promote respect and to not be negative about any food.



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.

Workshop series include:

Eating Smart Being Active
Finding A Balance—
Diabetes
Healthy Children, Healthy
Families
Healthy Cents
Breastfeeding

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

Workshop series include:

Choose Health: Food, Fun
and Fitness
Cooking Up Fun! Vary
Your Veggies

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

607-664-2300



Cornell University
Cooperative Extension
Steuben County

3 E. Pulteney Square
Bath, New York 14810
607-664-2300

PutKnowledgeToWork.org

KORNER IDS

This week visit the library with your child and read “Everyone Eats” by Julia Kuo. Learn about what animals like to eat. Pick your child’s favorite food from the book and make a recipe with it, like these sweet potato fries.

Sweet Potato Fries

Serves: 6
**Serving size: 8-10
fries**

Ingredients:

4 medium sweet potatoes, washed
1 ½ teaspoons paprika
¼ teaspoons salt
Pinch of cayenne pepper
2 tablespoons of canola oil



Directions:

1. Cut the sweet potatoes in half from end to end. Cut each half into 5 wedges.
2. Place potato wedges in a bowl and add the paprika, salt, cayenne pepper and canola oil. Stir.
3. Put the coated potato wedges on a large baking sheet and place them so they do not touch. Cook the sweet potato fries at 450 degrees for about 15 minutes or until you can easily pierce them with a fork.

Source: *Share Our Strength's Cooking Matters: For Families*. Published July 2011

Recipe from Cornell University Cooperative Extension - New York City Nutrition & Health Programs Recipe Collection.

Nutrition Facts: Serving Size: 8-10 fries, 85 calories, 20 calories from fat, 4g total fat, 0g saturated fat, 0mg cholesterol, 179mg sodium, 9g total carbohydrate, 1g dietary fiber, 5g sugar, 1g protein