

EFNEP Newsletter



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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 food safety rules:

- The best way to thaw a frozen turkey is in the refrigerator. Plan 24 hours for every 4-5 pounds, so a 15 pound turkey 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 .
- Keep leftovers 3-4 days and reheat to 165 degrees.
- For more holiday food safety information, visit <http://www.fightbac.org/winter/thanksgiving/talking-turkey/>



In Season: Squash, Apples, Cabbage and 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.

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 is interested in scheduling classes, please call your



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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!



Autumn Soup

Serving Size: 1 1/2 cups

Makes 6 servings

Ingredients:

- 1 butternut squash, about 4 pounds
- 1 tablespoon oil
- 1 onion, diced (about 1 cup)
- 2 apples (peeled, cored and sliced—about 2 cups)
- 4 cups reduced sodium chicken broth
- 4 ounces Neufchatel cream cheese, cubed

Directions:

1. Wash squash and pat dry with a paper towel. Prick skin 6-8 times with a knife or fork. Place squash on a microwave safe plate and microwave for 5 minutes.
2. When the skin of the squash is cool enough to touch, cut off the top and bottom of the squash. Cut off peel and cut in half lengthwise. Scoop out seeds. Cut squash into cubes.
3. Heat oil in a large saucepan over medium heat. Add onion and cook for 5 minutes.
4. Add squash, apples, and chicken broth. Heat to boiling then reduce heat to medium low. Cover and cook for 25 minutes until squash and apples are tender.



5. Blend soup until smooth using an immersion blender, blender or food processor. Try using a potato masher if you like your soup chunkier.
 6. Return soup to saucepan and add Neufchatel cheese. Cook and stir with a whisk until cheese is melted.
- Source: Healthy and Homemade 2019 Nutrition and Fitness Calendar, Iowa State University Extension and Outreach

*Nutrition Facts: Serving Size – 1 1/2 cups, 210 Calories, 7g Total Fat, 2.5g Saturated Fat, 0g Trans Fat, 15mg Cholesterol, 440mg Sodium, 35g Total Carbohydrate, 6g Dietary Fiber, 12g Total Sugars, 6g Protein, 0mcg vitamin D, 955mg potassium, 138mg calcium, 2mg iron