

# FALL FRUITS & VEGGIES

## Building Healthy Habits: Food and Community Nutrition



### QUICK TIPS

#### Thanksgiving Food Safety

Stay safe from food borne illness this Thanksgiving by following these simple tips:

1. Before preparing food and after handling meat, poultry, raw eggs, and flour, wash your hands for 20 seconds using soap and warm water. Wash cutting boards, counter, dishes, and utensils with hot, soapy water before starting to prepare another dish.
2. Thaw frozen food on a plate in the refrigerator, in cold water you change every 30 minutes, or in the microwave.
3. Keep hot foods hot- 140 degrees or hotter. Use crock pots, chafing dishes, or warming trays to keep foods hot.



4. Keep cold food cold- 40 degrees or colder. Take cold foods from the refrigerator right when you are ready to serve them. Set bowls in larger bowls filled with ice.

5. Refrigerate leftovers within 2 hours. Place leftovers in small, shallow containers so they cool quickly.

6. Cook your turkey until it reaches 165 degrees. Use a food thermometer to check the temperature in the turkey breast.

Please note that it will take 2-3 days for a frozen turkey to thaw safely in a refrigerator.



**Cornell  
Cooperative  
Extension**

# GET MORE *Healthy* RECIPES

## Cranberry Applesauce

Makes 12 servings, serving size 1/2 cup

### Ingredients

- 3 1/2 pounds of apples, peeled, cored, and chopped (8-9 medium apples)
- 1 cup of water
- 1 1/2 cups cranberries (fresh or frozen)
- 1/2 teaspoon of cinnamon
- 1/2 teaspoon salt
- 1/3 cup packed brown sugar
- 2 tablespoons lemon juice (optional)

### Directions:

1. Wash hands with soap and water
2. In a large saucepan, combine all ingredients. Bring to a boil, then lower heat to simmer. Cover and cook 20-30 minutes.
3. Remove from heat and let cool slightly. Use a potato masher or fork to mash mixture to the consistency you want. Serve warm or cold.
4. Refrigerate leftovers within 2 hours

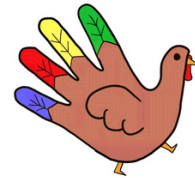
Find more recipes at: <https://fnec.cornell.edu/for-participants/recipe-table/>

Nutrition Facts for 1/2 cup serving: 80 calories, 0g total fat, 0g saturated fat, 0g trans fat; 0% added calories from fat; 0mg cholesterol, 100mg sodium, 21g total carbohydrates, 2g dietary fiber, 17g total sugars, 6g added sugars, 0g protein, 0mcg Vitamin D, 12mg calcium, 0mg iron, 103mg potassium, 6mg vitamin C

Source: FoodHero.org

## Kids Corner

Help your child make handprint turkeys to decorate your holiday table. Trace your child's open hand (fingers spread wide) on construction paper. Cut out the traced hand shapes. The thumb is the turkey's head, and the fingers are its feathers. Have your child color the turkey using crayons, colored pencils, markers, or paint.



## MEET YOUR EDUCATOR:



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*Helpful Hints- Try adding  
one piece of fruit to your  
daily meals*

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