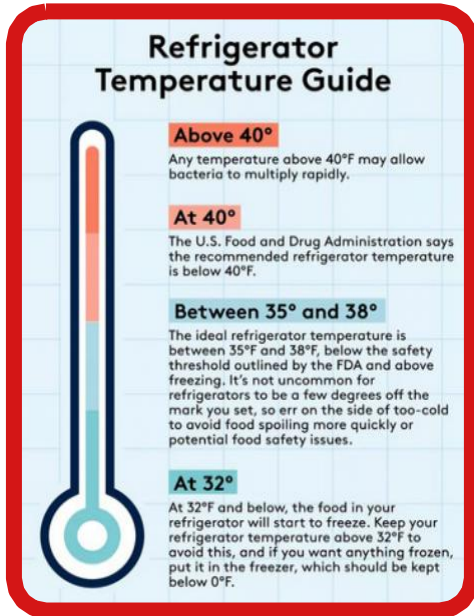




Winter Quick Tips February 2026

Cornell
Cooperative
Extension

Keeping Food Safe During Winter Storms



Knowing how to keep your food safe to eat during a power outage will reduce food borne illness and food waste. If the power goes out, keep the refrigerator and freezer doors closed to maximize how long your food will stay safe. A refrigerator will stay cold for about 4 hours and a freezer for 48 hours. Plan ahead if a storm is predicted: place leftovers, cheese, deli meat, and milk in the freezer along with ice packs; fill a cooler with ice pack and refrigerated food you want to eat so you can keep the refrigerator door closed; and if you are on a well, fill containers with fresh water. When the power comes back on, check the temperature of your refrigerator and freezer. If your refrigerator is 40 degrees or lower, and your freezer is 0 degrees or lower, your food is safe to eat. When in doubt, stay safe and throw it out.

Celebrate American Heart Month!



February is American Heart month, a time when everyone is encouraged to focus on their heart health. In the United States, heart disease is the most common cause of death among women, men, and people in most ethnic and racial groups. In 2022, 1 in 5 deaths in the United States was caused by heart disease. Some quick tips for keeping your heart healthy include:

- Switching to herbs and spices in place of salt to season foods
- Choosing fruit when you feel the need to eat something sweet
- Fill your plate with more vegetables and fruits and less grains and protein
- Take a walk after lunch or dinner

This material is funded by Expanded Food and Nutrition Education Program, USDA, and NIFA



Building Healthy Habits Recipe

Southwestern Stuffed Potatoes

Serving size 1 potato half

Makes 4 potato halves

Ingredients:

2 medium potatoes (about the size of your palm)

1 cup black beans (cooked or canned, drained and rinsed)

¾ cup salsa

1 cup corn (canned and drained, frozen or fresh cooked)

½ cup shredded cheese (try cheddar, pepper jack or Mexican blend)

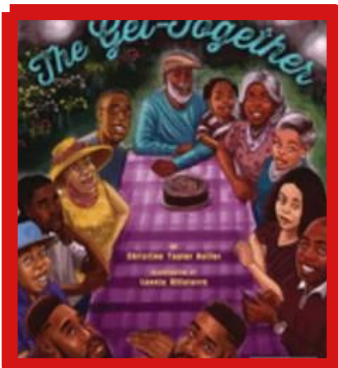
Directions:

1. Wash hands with soap and water.
2. Scrub potatoes under running water. Poke each potato with a fork 2 or 3 times. Microwave on HIGH for 5 minutes, turn potatoes over, and microwave another 3-5 minutes, or until easily pierced with a fork. Set aside.
3. In a microwave safe bowl, combine beans, salsa, and corn. Microwave for 2-3 minutes, stirring occasionally, until heated through.
4. Cut potatoes in half length-wise and flatten with a fork. Divide bean mixture between the four halves. Sprinkle with cheese and serve warm.
5. Refrigerate leftovers within 2 hours.

Notes: Add leftover cooked chicken, turkey, or ground beef

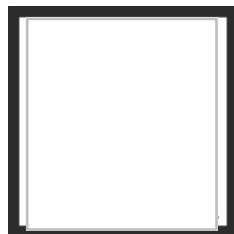


Nutrition Facts: Serving size: 1 half, calories: 240; total fat: 5g; saturated fat: 3g; sodium: 450mg; total carbohydrate: 40g; added sugars: 0g; Protein: 10g; Calcium: 125mg; Potassium: 720mg; Iron: 2mg
Source: foodhero.org



Kids' Book Nook

With your child, visit your local library and borrow "The Get-Together" by Christine Taylor-Butler. After reading talk with your child about your own family's traditions.



Meet Your Educator

Amy VanAlstyne
Nutrition Educator

Cornell Cooperative Extension of
Delaware County

alv6@cornell.edu 607-865-6531

