

October-December 2019 ISSUE 8

Celebrations, Parties, and Potlucks

This holiday season, keep food safety in mind as you begin to plan for your celebrations, parties and potlucks!



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adapted from: www.foodsafety.gov









SHOP: Safe Shopping



- It's important to keep food safety in mind as you shop.
- Keep raw meat, poultry and seafood separate from ready-to-eat foods like fruit, vegetables and bread.
- Don't purchase bruised or damaged produce, or canned goods that are dented, leaking, bulging or rusted, as these may become a breeding ground for harmful bacteria.

adapted from: www.eatright.org

Community Nutrition Educators In Action



Check out our Rutherford County Program Assistant Brittany Satinover teaching Families Eating Smart, Moving More to English as a Second Language participants from Read to Succeed at First Presbyterian Church in Murfreesboro.



We would like to send a shout out to our Program Assistant, Jacqueline Lemons, in Tipton County. The residents of Covington Housing Authority completed the Families Eating Smart and Moving More program.

SENSATIONAL WORK EDUCATORS! KEEP IT UP!



COOK: Working in the Kitchen



In a holiday kitchen filled with family and friends, all hands may be on deck, but are those hands clean?

- Make sure everyone washes their hands thoroughly with warm water and soap for 20 seconds before and after handling food.
- And when baking delicious holiday treats, remember that no one should eat raw cookie dough or brownie batter.
- Have children take the "Little Cook" Pledge before they assist in the kitchen.



Bake Healthier- Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try reducing the amount of sugar listed in recipes. Use spices such as cinnamon, allspices, or nutmed to add flavor.

adapted from: myplate, my wins- 10 tips

Certificate of Achievement



has promised to follow the "Little Cook Pledge and Cooking Code":

- 1. Wash hands before, during and after handling food- that means cooking, baking and eating! Sing "Happy Birthday" twice to time yourself.
- 2. Remind grown-ups to use two separate cutting boards for raw meat, like turkey, and fresh foods, like carrot sticks. Use two different cutting boards for an easy reminder, if possible.
- 3. Make sure grown-ups cook foods to proper temperatures by using a food thermometer. For example, make sure whole turkey is cooked to at least 165°F.
- 4. Help store leftover foods in a refrigerator set below 40°F. Do this within two hours after foods are cooked.
- 5. Wait until cookies are fully baked before digging in. Steer clear of licking spoons, bowls and beaters with raw batter on them.

CONGRATULATIONS!

There is a new cooking star on the rise!

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COOK: 3 Safe Ways To Thaw Your Poultry



Your poultry is safe if it stays frozen but as soon as it starts to thaw, bacteria will begin to grow. Here are 3 safe ways to thaw poultry.



1. Refrigerator

How to Thaw:

Allow approximately 24 hours for every 4-5 pounds of bird. You can store the bird for another 1-2 days in the refrigerator.



2. Cold Water

How to Thaw:

Place the bird in a bowl with cold water and change it every 30 minutes. Cook right after thawing.



3. Microwave

How to Thaw:

Use defrost function based on bird's weight. Cook right after thawing.









EAT: Tips For A Successful Celebration

Safe food handling is important, especially when groups of people are fed at celebrations, community events, and parties. Follow these tips to keep food safe when preparing and serving food to large groups.

- Use clean dishes and utensils to serve food. This is important because "germs" can survive and grow on food left on dirty utensils.
- Keep serving portions small when you are not sure how quickly the food will be eaten.
- Replace empty platters with freshly filled ones. Don't add new food to a serving dish that already contains food.
- Discard any food left out at room temperature for more than two hours.

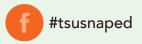


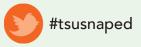
Be the Life of the Party- Laugh, mingle, dance, and play games. Focus on having fun and enjoy the company. adapted from: myplate, my wins- 10 tips

adapted from: www.usda.gov

Looking for more healthy holiday tips? FOLLOW US!



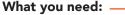






Leftover Turkey, Corn & Rice Casserole

Serves: 6 | Serving Size: 1 cup



- 1 cup instant brown rice, uncooked
- 2 cups frozen corn niblets
- Shredded cooked leftover turkey
- 1 can (4 ounces) diced green chili peppers
- Plain yogurt, condensed cream soup, or sour cream
- 1 cup shredded cheese
- 6 tablespoons salsa, divided

What to do:

- 1. Clean kitchen surfaces before, during, and immediately after use when preparing food.
- 2. Wash hands before preparing food, and often, especially after touching raw meat, poultry, seafood, eggs or flour during food preparation.
- 3. Cook instant brown rice according to package directions.
- 4. Preheat oven to 350°F. Spray a casserole dish or 8X8-inch pan with cooking spray.
- 5. Thaw corn in the microwave for about 2 minutes at 50% power.
- 6. Use a fork to shred the leftover turkey.
- 7. Combine everything in a medium bowl.
- 8. Scoop mixture into the casserole dish.
- 9. Bake casserole for 30 minutes. After cooking, use a food thermometer to check the temperature of the thickest part of the food to make sure that it has reached a temperature of 165°F. (Clean your food thermometer with soap and water before and after each use.)
- 10. Top each serving with 1 tablespoon of salsa.
- 11. If not serving immediately, place in warm oven to keep it at 140°F or above.
- 12. Leftovers should be placed in a sealed container and refrigerated or frozen within 2 hours of preparation (1 hour if kept in a temperature above 90°F).
- 13. If refrigerating, keep for 3-4 days. If freezing, food will keep for 2-3 months.
- *Make this a meatless dish by substituting beans for poultry. Add spice byusing pepper jack cheese.





Taking time to plan your **holiday meals** can help you save money and time at the grocery store. Use this simple meal plan to get you started.

Holiday M	eal Plan Celebration:			
Starter ——				
Proteins	Vegetables	Grains	Dairy	Fruit
Main Course —				
Proteins	Vegetables	Grains	Dairy	Fruit
Side Dishes				
Proteins	Vegetables	Grains	Dairy	Fruit
			,	
Dessert —— Proteins	Vegetables	Grains	Dairy	Fruit
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