

## Celebrations, Parties, and Potlucks

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



### IN THIS ISSUE

Celebrations  
Parties, and  
Potlucks

SHOP:  
Safe Shopping

COOK:  
Working in the  
kitchen

EAT:  
Tips for a  
Successful  
Celebration

Holiday  
Meal Plan

 **TENNESSEE**  
STATE UNIVERSITY  
Supplemental  
Nutrition Assistance  
Program Education

 **SNAP** Nutrition  
Education  
HealthFu Fond HealthFu Minue HealthFu VFI

adapted from: [www.foodsafety.gov](http://www.foodsafety.gov)



For more tips, take a look inside! ←



## 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](http://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 nutmeg to add flavor.

*adapted from: myplate, my wins- 10 tips*

# Certificate of Achievement



# LITTLE cook.

adapted from: [www.eatright.org](http://www.eatright.org)

I \_\_\_\_\_, herby certify that \_\_\_\_\_  
(parent) (child)

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!

### TSU Community Nutrition Education Program Staff

Davidson County  
Latasha Holloway  
lhollow1@tnstate.edu  
615-963-5547

Lauderdale County  
Stacy Manley  
smanley3@tnstate.edu  
731-635-9551

Madison County  
Ashley Hillsman  
ahillsma@tnstate.edu  
731-668-8543

Hamilton County  
Janice Hartman  
jhartma1@tnstate.edu  
423-855-6113

Rutherford County  
Tiffany Schmidt  
tschmidt@tnstate.edu  
615-898-7710

Brittany Satinover  
bsatinov@tnstate.edu

Shelby County  
Ebony Lott  
elott1@tnstate.edu  
901-752-1207

Benneka Brooks  
bbrook13@tnstate.edu

Stewart County  
Sharon Shope  
sshope@tnstate.edu  
615-963-1351

Tipton County  
Jaqueline Lemons  
jlemons@tnstate.edu  
(901)476-0231

### TSU Community Nutrition Education State Staff

Leslie Speller-  
Henderson  
Program Director

Shea Austin-Cantu  
Program Manager

Debbie Goddard  
Special Projects  
Coordinator

Denise Godwin  
Administrative  
Assistant

Jerry Lewis  
Fiscal Analyst

Dana J. Smith  
Marketing &  
Communications  
Coordinator

Abiola Awofeso  
Evaluation  
Coordinator

Monique McCallister  
Compliance

Marion Mosby  
Graphic Designer

**TSU-19-0075(B)-12b-17099:** Tennessee State University, TDHS and USDA does not discriminate against students, employees, or applicants for admission or employment on the basis of race, color, religion, creed, national origin, sex, sexual orientation, gender identity/expression, disability, age, status as a protected veteran, genetic information, or any other legally protected class with respect to all employment, programs and activities sponsored by Tennessee State University. The following person has been designated to handle inquiries regarding the non-discrimination policies: Stephanie Roth, Office of Equity and Inclusion, sroth@tnstate.edu, 3500 John Merritt Blvd., General Service Building, 2nd Floor, Nashville, TN 37209, 615-963-7435. The Tennessee State University policy on nondiscrimination can be found at [www.tnstate.edu/nondiscrimination](http://www.tnstate.edu/nondiscrimination).



## 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](http://www.usda.gov)

Looking for more healthy holiday tips?

FOLLOW US!

JOIN US



#tsusnaped



#tsusnaped





# Leftover Turkey, Corn & Rice Casserole

Serves: 6 | Serving Size: 1 cup



## What you need:

- 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 by using 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 Meal 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