

# Family and Community Health “Connections” in Lampasas County



## A Healthy You 2018

Course Start Date: January 8, 2018

Online Registration begins: November 23, 2017

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Meal planning, eating more fruits and vegetables, and stepping up physical activity are the key concepts of Step Up, Scale Down.

Join other Texans who have discovered the 12-week weight loss program Step Up, Scale Down and are on their way to a healthier lifestyle. Cost is \$40.

Visit the website and register today: [stepupscaldown.org](http://stepupscaldown.org)



# Thermometer Guidelines for Turkey



Accurate temperatures, both in the oven and the turkey are important for quality and safety. A meat thermometer is the cook's best friend when it comes time to prepare a meal. Here are some guidelines to ensure thermometers are properly used.

- Check the oven thermostat and oven temperature to verify the oven setting. Recalibrate if necessary because a 25 degrees F variation can make a five percent difference in cooked turkey yield. An oven that is too hot will dry and shrink the bird.
- When purchasing a thermometer, look for an easy-to-read dial, made with stainless steel and a shatterproof clear lens. Meat thermometers that can be calibrated for accuracy and digital thermometers are good choices. These types of thermometers are available at grocery, kitchen and hardware stores.

**Oven-proof Thermometers** should be inserted into the turkey at the beginning of the roasting time and remain inserted in the bird throughout the cooking time.

## Instant-read and Digital Thermometers

If you use this type, pull the turkey out of the oven far enough to insert the stem about 2 1/2 inches into the thickest part of the bird but not touching the bones or roasting pan.

**Pop-up Thermometers** Experts suggest the temperature be verified with a conventional thermometer.

Be sure to check for thermometer accuracy and proper placement. An important part of using any thermometer is the proper placement in the turkey. Insert the thermometer 2 1/2 inches in the deepest portion of the turkey breast or into the inner thigh near the breast. Make sure the thermometer does not touch a bone. When inserting the thermometer in the turkey breast, insert it from the side. The thermometer is easier to read and more accurate than when inserted from the top.

**Internal Temperature**—The internal temperature should reach 170 degrees F in the breast or 180 degrees F in the thigh and 160 to 165 degrees F in the center of the stuffing. Both the NTF and the USDA recommend using a meat thermometer to ensure a delicious and safe holiday feast.



# A Safe Holiday Feast

1 in 6 AMERICANS WILL GET A FOODBORNE ILLNESS THIS YEAR.

**FOOD SAFETY is IMPORTANT!**

Follow these simple rules to ensure a **SAFE** holiday feast.

## SHOPPING for your FEAST



Make room for your feast in the fridge and freezer.

Keep fresh fruits and vegetables separate from raw meat and poultry, and keep all food away from household chemicals in your shopping cart and in bags.

Refrigerate perishable foods as soon as you get them home from the store.

**ALWAYS PAY ATTENTION to "SELL BY" & "USE BY" DATES.**

**BUY A FOOD THERMOMETER!**

## PREPARING your FEAST



**WASH HANDS, SURFACES & UTENSILS between EACH FOOD-PREP STEP.**

**THAW FORMULA: 4 LBS. PER 24 HOURS**  
Thaw frozen turkey in a refrigerator in its original packaging. Stuff turkey just prior to cooking.

**COOK TURKEY BREAST & STUFFING to 165°F**

Temperature is the only indicator that food is cooked for quality and safety. Turkey thighs are best at 175°F.

Keep hot foods above 140°F. Refrigerate all cold foods until ready to serve (40°F).

Rinse fresh fruits and vegetables just before using or consuming unless labeled "ready-to-eat" or "pre-washed."

## EATING your LEFTOVERS



Leftovers cool more quickly in shallow containers. Bring gravy to a boil before re-serving.

**REHEAT LEFTOVERS to 165°F**

EAT or FREEZE LEFTOVERS within **3 to 4 DAYS.**

EAT or FREEZE GRAVY within **2 DAYS.**

**FIND MORE INFO at HOLIDAYFOODSAFETY.ORG EATTURKEY.COM**

## November is National Caregivers Month

The theme for National Family Caregivers Month is "Caregiving Around the Clock". Caregiving can be a 24-hours a day/7-days a week job. Caring for a senior with Alzheimer's or a child with special needs can be non-stop. Providing care around the clock can crowd out other important areas of life. And you never know when you will need to rush to the hospital or leave work at the drop of a hat. What challenges do family caregivers face, and how do they manage them day and night? To find out more about this go to :

<http://caregiveraction.org>

Phone # is 202-454-3970. During the National Family Caregivers Month, we recognize the challenges family caregivers face with their loved ones need Caregiving Around the Clock.



~ sponsored by ~

NATIONAL  
*Turkey*  
FEDERATION

Karen DeZarn, CEA-FCS  
409 S. Pecan St., Suite 102  
Lampasas TX 76550

512-556-8271 Ext. 140  
kjdezarn@ag.tamu.edu  
<http://lampasas.agrilife.org>



This recipe takes your traditional sweet potato recipe and makes it healthier while maintaining flavor.

**Makes 4 servings.**

- 4 small fresh sweet potatoes or yams
- 1 cup pineapple tidbits or crushed pineapple, drained
- 1 teaspoon ground cinnamon
- 2 teaspoons margarine
- 3 tablespoons chopped pecans, optional

1. Scrub sweet potatoes and cut each into 4 pieces. In a covered saucepan, boil sweet potatoes in just enough water to cover. When they are fork-tender (about 15 to 20 minutes), drain. Remove skin and any bad spots.
2. Preheat oven to 350°F. Spray an oven-proof dish with non-stick cooking spray.
3. Mix pineapple and cinnamon. Put half of the pineapple mixture in a dish and then half the sweet potato pieces over the pineapple. Repeat. Place margarine on top of potatoes, sprinkle with nuts, and bake for 45 minutes.

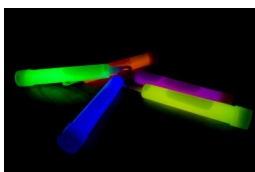
Source: K-State "Fix It Fresh!" Nutrition per 3/4-cup serving (without pecans): 160 calories, 2 g fat, 0 cholesterol, 90 mg sodium, 34 g carbohydrate, 5 g fiber, 12 g sugar, 2 g protein.

### **Lampasas County News**



**4-H Enrollment:** Now is the time to register for 4-H at: <https://texas.4honline.com> . Cost is \$20 until Dec. 31, then \$25, adult volunteers

\$10. Anyone interested in helping with Food and Nutrition, Consumer Decision-making or Clothing/Sewing projects contact Karen. Support the 4-H Fund-raiser at the Carol of Lights Parade. 4-Hers will be selling Glow Sticks, Apple Cider and Pretzels.



Family and Consumer Sciences "Connections" is provided by the following Texas A&M AgriLife Extension Service Family and Consumer Sciences Agents:

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