

Family and Community Health “Connections” in Lampasas County

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Portion Control at Holiday Meals

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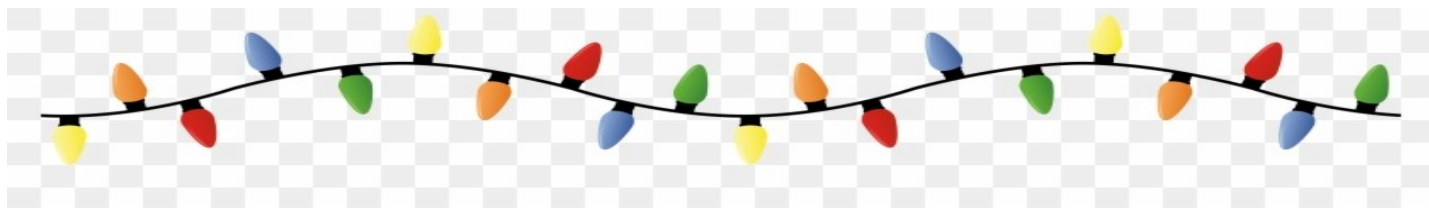
**Who provides the
Family & Community
Health “Connections”**

The holidays can be difficult when it comes to our internal struggle to stay healthy while still enjoying our favorite holiday treats. Although the most obvious culprit of weight gain over the holiday season is our large portion sizes, I would argue that there is another underlying factor that is often not addressed: overeating.

As a dietitian, I believe in good food and enjoying your holiday experiences. But I find that portion control during the holidays has less to do with limiting yourself to a certain size of portion and more to do with listening to our bodies' fullness signals. Below are a few key tips, tricks and mantras to get you started on the right track this holiday season:

- Don't go to the table starving.
- Give yourself permission to eat the foods you like.
- Eat slowly and savor your food.
- Stop when you are FULL not past full.

Mayoclinichealthsystem.org



Merry Christmas!

Tips for planning a “Bacteria-Free Buffet”

Plan a “bacteria-free buffet” with these easy tips for food safety when entertaining. Bon appétit!

Entertaining is one of the mainstays of the holiday season — and helps commemorate milestone events throughout the year, too. With proper preparation, you can be creative and tempt your party guests with an array of fun platters while still keeping food safety in mind!

Size Matters

If you’re planning a buffet at home and are not sure how quickly the food will be eaten, keep buffet serving portions small.

- Prepare a number of small platters and dishes ahead of time, and replace the serving dishes with the fresh ones throughout the party.
- Store cold back-up dishes in the refrigerator and keep hot dishes in the oven set at 200 °F to 250 °F **prior to serving. This way, your late arriving guests can safely enjoy the same appetizing arrangements as the early arrivals.**

Take Temperatures

Hot foods should be kept at an internal temperature of 140 °F or warmer.

- Use a food thermometer to check. Serve or keep food hot in chafing dishes, slow cookers, and warming trays.
- Be aware that some warmers only hold food at 110 °F to 120 °F, so check the product label to make sure your warmer has the capability to hold foods at 140 °F or warmer. This is the temperature that’s required to keep bacteria at bay!
- Eggs and egg dishes, such as quiches or soufflés, may be refrigerated for serving later but should be thoroughly reheated to 165 °F before serving.

Chill Out

Cold foods should be kept at 40 °F or colder.

- Keep cold foods refrigerated until serving time.
- If food is going to stay out on the buffet table longer than 2 hours, place plates of cold food on ice to retain the chill.



Keep It Fresh

Don’t add new food to an already filled serving dish.

- Instead, replace nearly empty serving dishes with freshly filled ones.
- Be aware that during the party, bacteria from people’s hands can contaminate the food. Plus, bacteria can multiply at room temperature.

Watch the Clock

Remember the 2-Hour Rule: Discard any perishables left out at room temperature for more than 2 hours, unless you’re keeping it hot or cold.

- If the buffet is held in a place where the temperature is above 90 °F, the safe holding time is reduced to 1 hour.
- Watch the clock with leftovers, too! Whether you’re sending “doggie bags” home with guests or are saving them for yourself, leftovers should be refrigerated as soon as guests arrive home and/or within 2 hours!

Fda.gov/food/buy-store-serve-safe-food

Adapt “Old Family Recipes”

Some of your favorite traditional recipes may call for raw or lightly cooked eggs. These may include homemade Caesar salad dressing, ice cream, custards, rice pudding, chocolate mousse, eggnog, and some sauces.

However, some raw eggs can contain harmful bacteria. These can be particularly dangerous when consumed by those at higher risk for foodborne illness – such as pregnant women, young children, older adults, and those who may have a weakened immune system because of organ transplants or diseases like diabetes, cancer, or HIV/AIDS.

fda.gov/food/buy-store-serve-safe-food

Help keep your party guests safe by adapting your favorite egg containing recipes (or substituting prepared products for some items). Here’s how:

- Add the eggs to the amount of liquid called for in the recipe, then heat the mixture until it reaches 160 °F on a food thermometer.

OR

Use store-bought products of the foods listed above, which are often already cooked or pasteurized. (Check the label to be sure.)



OR

- Purchase pasteurized eggs. These eggs can be found in some supermarkets and are labeled “pasteurized.” Here are several types consumers can buy:
 - Fresh, pasteurized eggs in the shell (found in the refrigerator section).
 - Liquid, pasteurized egg products (found in the refrigerator section).
 - Frozen, pasteurized egg products (found in the frozen food section).
 - Powdered egg whites (found in the baking section).

Turkey, Apple, and Havarti

INGREDIENTS

- 1 Tbsp, white wine vinegar
- 2 tsp, olive oil
- ½ tsp. Dijon-style mustard
- Dash black pepper
- ¼ cup fresh baby spinach
- ½ cup thinly sliced apple
- 2oz. roasted turkey breast, thinly sliced
- 1 ¾ oz slice Havarti cheese
- 2 slices reduced-calorie whole wheat bread

PER SERVING (1 sandwich)

CAL 325, FAT 14g (5g sat. fat), CHOL 60 mg, SODIUM 460 mg, CARB 27g (6g fiber, 8g sugars), PRO 27g

Recipe from Diabetic Living Fall 2016

DIRECTIONS



For dressing, in a small screw top jar combine the 1st four ingredients through pepper, cover & shake well. Divide between 2 containers cover and chill over night.

For sandwich layer spinach, apple, turkey and cheese between bread. Wrap in plastic wrap and chill over night.

To tote pack 1 dressing container and 1 sandwich in insulated bag. To serve drizzle dressing over sandwich.

Karen DeZam CEA-FCS
409 S. Pecan St., Suite 102
Lampasas, TX 76550
Phone 512-556-8271 Ext. 140
kjdezam@ag.tamu.edu

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AGENTS:**

WE'RE ON THE WEB AT
LAMPASAS.AGRILIFE.ORG



LAMPASAS COUNTY NEWS

Texas Extension Education Association (TEEA) clubs meet regularly for educational programs and community service.

These activities strengthen our community by providing information that focuses on family, education and service. In Lampasas we conduct the county fair and support our youth. Come participate in monthly club meetings and enjoy fun and fellowship while we learn. Anyone interested in joining the Lampasas Club they meet the first Thursday's of the month, generally at 1:00 at the county annex. In Dec. we're meeting the 5th at 11 a.m. for lunch and ornament exchange at the Co. Annex Conference Room, 409 S. Pecan St. Call Karen for details. We'd love to have new members and new ideas!!

Courtney Parrot, Brown County

London Jones, Burnet County

Janet Nelson, Coleman County

Milissa Wright, Coke/Concho/Menard/ and Sterling Counties

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Jacque Behrens, McCullough County

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Kandice Everitt, Runnels County

Kailey Miller, San Saba County

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Kelli Maberry, Jones County

Karen DeZarn, Lampasas County

Barbara Brown BLT Regional Project Specialist

Stacy Drury, D7 Regional FCH Program Leader

