

Building Healthy Habits: Food and Community Nutrition

For more information about this and other Herkimer County programs, call 315.866.7920

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Thanksgiving Food Safety

Stay safe from food borne illness this Thanksgiving by following these simple tips:

1. Before preparing food and after handling meat, poultry, raw eggs, and flour, wash your hands for 20 seconds using soap and warm water. Wash cutting boards, counter, dishes, and utensils with hot, soapy water before starting to prepare another dish.
2. Thaw frozen food on a plate in the refrigerator, in cold water you change every 30 minutes, or in the microwave.
3. Keep hot foods hot- 140 degrees or hotter. Use crock pots, chafing dishes, or warming trays to keep foods hot.
4. Keep cold food cold- 40 degrees or colder. Take cold foods from the refrigerator right when you are ready to serve them. Set bowls in larger bowls filled with ice.



5. Refrigerate leftovers within 2 hours. Place leftovers in small, shallow containers so they cool quickly.
6. Cook your turkey until it reaches 165 degrees. Use a food thermometer to check the temperature in the turkey breast.

Please note that it will take 2-3 days for a frozen turkey to thaw safely in a refrigerator.

EFNEP is a free program helping families with children eat better for less.

Learn how to:

- Save \$\$ on grocery bills and stretch your food dollars
- Prepare low-cost quick and healthy meals
- Keep your family healthy by staying active and eating right

Who is eligible for this program?

Families with children ages 19 and under (or pregnant) who are participating in WIC, SNAP, Head Start, Medicaid, free or reduced price school lunches

If you or your organization are interested in scheduling classes, please contact:

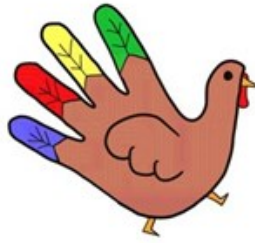
Cornell Cooperative Extension Herkimer County
5657 State Route 5
Herkimer NY 13350
315.866.7920
herkimer@cornell.edu

For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCFNEP> or scan the QR code below to sign up for personalized nutrition education:



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KORNER IDS



Help your child make handprint turkeys to decorate your holiday table. Trace your child's open hand (fingers spread wide) on construction paper. Cut out the traced hand shapes. The thumb is the turkey's head, and the fingers are its feathers. Have your child color the turkey using crayons, colored pencils, markers, or paint.

Cranberry Applesauce

Makes 12 servings, serving size 1/2 cup

Ingredients

- 3-1/2 pounds of apples, peeled, cored, and chopped (8-9 medium apples)
- 1 cup of water
- 1-1/2 cups cranberries (fresh or frozen)
- 1/2 teaspoon of cinnamon
- 1/2 teaspoon salt
- 1/3 cup packed brown sugar
- 2 Tablespoons lemon juice (optional)

Directions

1. Wash hands with soap and water.
2. In a large saucepan, combine all ingredients. Bring to a boil, then lower heat to simmer. Cover and cook 20-30 minutes.
3. Remove from heat and let cool slightly. Use a potato masher or fork to mash mixture to the consistency you want. Serve warm or cold.
4. Refrigerate leftovers within 2 hours



Nutrition Facts for 1/2 cup serving: 80 calories, 0g total fat, 0g saturated fat, 0g trans fat; 0% added calories from fat; 0mg cholesterol, 100mg sodium, 21g total carbohydrates, 2g dietary fiber, 17g total sugars, 6g added sugars, 0g protein, 0mcg Vitamin D, 12mg calcium, 0mg iron, 103mg potassium, 6mg vitamin C

Source: FoodHero.org