

EFNEP Newsletter

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

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Have a Happy, Healthy Thanksgiving



Shopping for your Thanksgiving feast:

- Make room for your feast in your refrigerator and freezer before you shop.
- Keep fresh vegetables and fruit separate from raw meats and poultry in your cart and in your refrigerator.
- Refrigerate perishable foods as soon as you get home from shopping.
- Buy a food thermometer.

Preparing your feast:

- Wash your hands often, for 20 seconds using soap and warm running water.
- Use hot soapy water to clean food preparation surfaces.
- Thaw your turkey in the refrigerator, in its original packaging. Plan to thaw 4 pounds of turkey every 24 hours.
- If you stuff your turkey, do so just before cooking.
- Cook your turkey and stuffing to 165 degrees.
- Keep hot foods at or above 140 degrees. Keep cold foods refrigerated until ready to serve.
- Rinse fresh vegetables and fruit just before preparing them unless they are marked 'ready to eat'.

Eating your leftovers:

- Cool leftovers in shallow containers so they cool more quickly.
- Refrigerate leftovers within 2 hours of serving.
- Reheat leftovers to 165 degrees and bring gravy to a rolling boil before re-serving.
- Eat or freeze leftovers within 3 to 4 days.

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/CCEHCEFNEP>
or scan the QR code below:

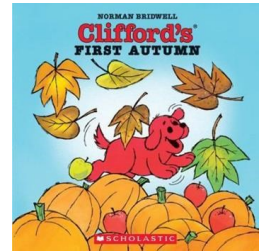


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Stop by your local public library and check out "Clifford's First Autumn" by Norman Bridwell. Experience Clifford's first autumn and learn about all of the amazing things he sees. When you finish reading the book, head outside and collect some leaves from as many different trees as you can find. Bring the leaves into the house and have your child make a collage by gluing the leaves to a piece of paper. Hang up your child's collage for everyone to see!



Turkey Pumpkin Chili Make 10 servings ~ Serving size 1 cup

Ingredients

- 1 teaspoon oil
- 1 pound lean ground turkey (15% fat)
- 2/3 cup chopped onion (2/3 medium onion)
- 1/2 cup green pepper, seeded and chopped (about 1 small pepper)
- 2 cloves garlic, minced or 1/2 teaspoon garlic powder
- 1 can kidney beans, drained and rinsed (15 ounce)
- 1 can great northern beans, drained and rinsed (15 ounce)
- 1 can solid-pack pumpkin (15 ounce)
- 1 can crushed tomatoes (15 ounce)
- 1 can chicken broth, low sodium (15 ounce) (see notes)
- 1/2 cup water
- 2 tablespoons brown sugar
- 1 package taco seasoning mix (1.25 ounces)



Directions

1. Pour oil into a 4 quart (or larger) saucepan.
2. Add ground turkey, onion, green pepper and garlic.
3. Cook and stir, breaking meat apart until meat is brown and vegetables are tender.
4. Stir in the beans, pumpkin, tomatoes, broth, water, brown sugar and taco seasoning.
5. Bring to a boil. Reduce heat; cover and simmer for 1 hour.
6. Refrigerate leftovers within 2 hours.

Notes

- Broth can be canned or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.
- Use leftover turkey cut in bite sized pieces instead of ground turkey. Sauté the vegetables then add the turkey with the other ingredients.
- No Taco Seasoning? Try 1 tablespoon chili powder, 1 teaspoon ground cumin and 1 teaspoon oregano. Add some red pepper flakes if you like it spicier.
- 15 ounce cans hold approximately 1-3/4 cups product.

Nutrition facts for 1 cup: 240 calories, 7g total fat, 2g saturated fat, 35mg cholesterol, 460mg sodium, 29g total carbohydrate, 6g dietary fiber, 8g total sugars, 3g added sugars, 15g protein, 0mcg Vitamin D, 96mg calcium, 3mg iron, 482mg potassium, 26% calories from fat

Source: University of Oregon www.foodhero.org