



“Nourish” Newsletter

November 2016



Like us on Facebook - Cded NutriPacks

The first harvest feast in the USA was held for 3 days in 1621. It celebrated freedom, friendship, and the rich harvest. The Pilgrims of Plymouth Colony in Massachusetts and the Wampanoag Indians shared corn, cranberries, carrots, turnips, cabbage, squash, deer, wild turkeys, fish, ducks, and geese. This first feast was not repeated for over 10 years. President Abraham Lincoln declared Thanksgiving a national holiday in 1863.

Kathie Novak, MEd, RD, Nutrition Ed. Coordinator

Food Safety

Thaw your turkey safely!

Refrigerator thaw

- Place the turkey in a pan to catch dripping juices.
- Never thaw frozen turkey on the counter, the back porch, in the garage; **ONLY** in the refrigerator!
- Thaw turkey 24 hours for every 4-5 pounds of weight. Thaw a 15 pound turkey for 3 - 4 days in the refrigerator.
- Cook the turkey within 1 - 2 days.

Cold water thaw

- Do not unwrap the turkey from its packaging. Or wrap it in a plastic bag and seal tightly.
- Fill a clean sink with COLD water and lower the wrapped turkey in the water completely.
- Thaw the turkey for 30 minutes for each 1 pound of weight; a 15 pound turkey for 7 ½ hours or more.
- Change the cold water every 30 minutes.
- Cook the turkey right away after thawing.



Wishing you a Thanksgiving filled with good health, good food, and many reasons to be thankful!



What do I do with Thanksgiving leftovers?

Eat, freeze or discard all leftovers within 4 days!

- Remove all turkey meat and stuffing/filling from the body of the turkey.
- Store meat and stuffing in shallow dishes or storage bags. Refrigerate or freeze within 2 hours after cooking. DO NOT let your turkey, ham, or chicken “cool” on the counter before putting it away.
- Use refrigerated leftovers within 3-4 days. Throw away after 4 days.
- Use leftover turkey in enchiladas, chili, or tacos. Use turkey in place of chicken for turkey pot pie, turkey a la king, or turkey salad sandwiches. Cook the bones in a large pot of water to make turkey broth for homemade soup.
- Keep all other leftover side dishes in a cold refrigerator, for no longer than 4 days, or freeze for 4 months.

DID YOU KNOW? The earliest version of pumpkin pie started out as a hollowed out pumpkin filled with milk, honey, and spices and baked in the hot ashes of an open fire.

Nutritionfacts.com



Cook your turkey safely!

To stuff or not to stuff

- Cook raw meat, poultry or seafood (such as, oysters, or giblets) before mixing with the stuffing/filling.
- DO NOT stuff a turkey that will be grilled, fried, or smoked! The stuffing will not get hot enough to kill bacteria.
- Stuff your turkey loosely with moist filling.
- Cook your turkey right away after stuffing it.

Proper cooking, holding, and serving

- Keep foods using eggs or milk refrigerated (pumpkin pie/roll, cream pies) until ready to serve.
- Cook a stuffed turkey in a 325° F oven until it reaches 165° F along the body (at the thigh), at the wing, at the thickest part of the breast, and in the middle of the stuffing. Buy a food thermometer! “Dollar” stores and discount stores carry low-cost ones.
- Cooking times are listed on the turkey packaging.
- Think about cooking the turkey without stuffing. Stuffing/filling can be cooked in a separate baking dish.
- Let the turkey stand for 20 minutes before carving. The temperature will even out and juices will set.
- Remove all stuffing/filling from the turkey and serve in a casserole dish.

www.fsis.usda.gov; www.foodsafety.gov

FEED YOUR FUNNY BONE

What is a turkey's favorite dessert?



Joke submitted by Charles S., Gilbert, Ariz.
<http://boyslife.org/home/23855/funny-thanksgiving-day-jokes/>

Peach gobbler!

STRETCH Your Food \$\$\$

1. Store brands and generic

Watch for specials on store and generic brands and save even more. "Unfriend" brand name foods.



2. Pay with Cash

Do not use your debit card when grocery shopping. Use cash only to stick to your food budget.

3. Change your store

Shop at discount grocery stores and food outlets to stretch your dollar.

4. Eat at home

Eat out less often. Cook simple meals at home to save money.

KIDS KORNER

Happy Thanksgiving!

Find these Thanksgiving words in the word search.

Turkey, America, Pilgrims, Apple, Cranberry, Gravy, Pumpkin, Squash, Holiday, Meal



Thanks to Charlotte Scheid for contributing to this section



Recipe Connection

Remember wash your hands before preparing food.

Thanks to Charlotte Scheid for contributing to this section.

Turkey-Potato Salad

Serves: 4

1 cup per serving

Ingredients:

- 1 ½ cup cooked turkey, diced
- ½ cup celery, chopped
- 2 cups cooked potato, diced
- 2 tablespoon onion, chopped
- 4 tablespoons green pepper, chopped
- 4 tablespoons salad dressing, mayonnaise- type
- ½ teaspoon prepared mustard
- ¼ teaspoon salt

Directions:

1. Mix turkey, celery, potato, onion, and green pepper
2. Mix salad dressing, mustard and salad. Stir lightly into turkey mixture.
3. Chill.

<https://extension.umaine.edu/publications/4333e/#Turkey-Potato%20Salad>

Corn Chowder

Serves: 5 people

Ingredients

- 2 potatoes, peeled and cubed
- 1 cup frozen corn or frozen mixed vegetables
- 2 cups 1% milk or skim milk
- 1 cup cooked extra lean ham, diced
- ¼ teaspoon salt
- ¼ teaspoon pepper

Directions:

1. Cook potatoes in a small amount of water until tender.
2. Drain water.
3. Combine potatoes, corn, milk, salt, pepper and ham in a saucepan.
4. Heat until hot, but do not boil.

<http://health.mo.gov/living/families/wic/wicfoods/img/CornChowder.jpg>