



## On the Track to Better Health....

### December 2016 Better Living for Texans Newsletter End the Year on a Clean Note

After the holiday season ends, just before the New Year begins, most of us will find a refrigerator filled with leftovers and other food items. Too often, we find that we've pushed food items to the back of the refrigerator where they are forgotten and tend to spoil. This can create a safety hazard. Moreover, the refrigerator is cluttered, making it difficult to find the food items you want.

For these reasons, it's important to clean your refrigerator regularly, not just during the holiday season. Try these steps today:

1. Clean out your refrigerator within a week after Thanksgiving's end. You'll want to remove everything from the refrigerator prior to cleaning.
2. Inspect containers and remove outdated leftovers and any items you're not sure about or will no longer use. Remember, and follow, the old adage, "when in doubt, throw it out." **Tip:** write the date on the container when the food item is placed in the refrigerator to take the guess work out of when to discard foods.
3. Clean everything, including shelves, drawers, and bins using baking soda and warm water. Baking soda is not only cheaper than store bought detergents, but it won't leave a residue or odors that can result from

not rinsing cleaning solutions thoroughly enough. Dry with a soft cloth or paper towel.

4. Wash the outside of the refrigerator with a mixture of water and dishwashing detergent. When done, rinse and dry the refrigerator.
5. After inspecting each container for cleanliness, return the containers to the refrigerator.
6. Clean the floor around the refrigerator.



Taking these steps will help you start the New Year on a healthier note!

Johanna Hicks  
Family & Consumer Sciences  
P.O. Box 518  
1200-B W. Houston  
Sulphur Springs, TX 75483  
903-885-3443

## *Local Events*

- Tuesday, December 6:
  - Walk & Talk Wrap-up Celebration
  - 8:30 a.m.
  - Early Childhood Parent Center
- Tuesday, Wednesday, Thursday, December 6-8:
  - Christmas Sewing Workshop
  - 10:00 a.m. to 3:00 p.m.
  - Extension Office
  - Must call to reserve a spot
  - Limited to first 12
- Sunday, December 25:
  - Merry Christmas!!
- December 26, 27:
  - Extension Office closed for Christmas holiday

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, or veteran status.

## *Looking Ahead:*

- Thursday, January 26:
  - Financial Literacy
  - Early Childhood Parent Center
  - Time: TBA
- Mondays, January 30, February 6, 13, 20, 27:
  - Master Wellness Volunteer Training
  - 9:00 a.m. to 3:30 p.m.
  - Extension Office
  - Hybrid option available
  - Cost: \$50
  - Contact Extension Office for details
- Thursdays, February 2, 9:
  - “Fresh Start to a Healthier You”
  - Early Childhood Parent Center
  - 8:30 a.m.
- Saturday, February 11:
  - Together in Texas Marriage Education Workshop
  - 8:30 a.m. to 3:30 p.m.
  - Extension Office

## Recipe of the Month

### Leftover Turkey Casserole

**Makes:** 6 Servings

**Total Cost:** \$5.24

**Serving Cost:** \$0.87

#### Ingredients

8 slices of bread, whole wheat  
4 ounces cubed turkey  
1/2 cup onion, chopped  
1/2 cup celery, chopped  
1/2 teaspoon pepper  
2 eggs, lightly beaten  
1 1/2 cups milk, 1%  
1 can cream of mushroom soup, low-sodium (10.75 ounces)  
2 teaspoons margarine  
1/2 cup cheddar cheese, low-fat shredded (or jack cheese)  
1/2 cup mayonnaise, light

#### Directions

1. Lightly coat a 9x9x2-inch baking dish with vegetable spray. Cut 6 slices of bread (fresh or day-old) into 1-inch cubes and place half into the bottom of a baking dish.
2. In a bowl, combine turkey, onion, celery, mayonnaise, and pepper. Spoon mixture over bread crumbs.
3. Place remaining bread cubes over turkey mixture and press down slightly with spoon.
4. Combine eggs and milk and pour mixture over cubes. Cover and refrigerate overnight.
5. When ready to bake, preheat oven to 325°F
6. Spoon the soup over the top of the casserole.
7. Spread one teaspoon of margarine on the side of each slice of bread. Cut buttered bread into 1/2-inch cubes and sprinkle on top of casserole.
8. Bake for 60 minutes or until the knife inserted in the middle comes out clean. Remove from the oven and sprinkle cheese over the top. Let stand 15 minutes before cutting and serving.

