

# Family and Consumer Sciences “Connections” in Lampasas County

TEXAS A&M  
AGRI LIFE  
EXTENSION



Volume 3 Issue 11

November 2016

## Celebrating the Holidays with SAFETY

### In this issue:

<i>Celebrating the Holidays with Safety</i>	1
<i>“Dine In” With Us</i>	1
<i>Creating a Reader Friendly Home</i>	2
<i>A NEW look for Turkeys</i>	2
<i>What’s NEW with the Flu</i>	3
<i>Thanksgiving .....</i>	3
<i>Candied Yams Recipe</i>	4
<i>County News</i>	4

A popular way to celebrate holidays or any party occasion is to invite friends and family to a buffet or special meal. However, this type of food service where foods are left out for long periods leave the door open for uninvited guests — **BACTERIA** that cause foodborne illness. Festive times for giving and sharing should not include “sharing” foodborne illness. Here are some tips from the USDA’s Meat and Poultry Hotline to help you have a **SAFE** holiday party.

### SAFE FOOD HANDLING

Always wash your hands before and after handling food. Keep your kitchen, dishes and utensils clean also. Always serve food on clean plates - not those previously holding raw meat and poultry. Otherwise, bacteria which may have been present in raw meat juices can cross contaminate the food to be served.

### COOK THOROUGHLY

If you are cooking foods ahead of time for your party, be sure to cook foods thoroughly to safe minimum internal temperatures.

- Cook all raw **beef, pork, lamb and veal steaks, chops, and roasts** to a minimum internal temperature of **145 ° F** as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before carving or consuming. For reasons of personal preference, consumers may choose to cook meat to higher temperatures.
- Cook all raw **ground beef, pork, lamb, and veal** to an internal temperature of **160° F** as measured with a food thermometer.
- Cook **all poultry** to a safe minimum internal temperature of **165°F** as measured with a food thermometer.

### USE SHALLOW CONTAINERS

Divide cooked foods into shallow containers to store in the refrigerator or freezer until serving. This encourages rapid, even cooling. Reheat hot foods to 165° F. Arrange and serve food on several small platters rather than on one large platter. Keep the rest of the food hot in the oven (set at 200-250°F) or cold in the refrigerator until serving time. This way foods will be held at a safe temperature for a longer period of time. **REPLACE** empty platters rather than adding fresh food to a dish that already had food in it. Many people’s hands may have been taking food from the dish, which has also been sitting out at room temperature.

### THE TWO-HOUR RULE

Foods should not sit at room temperature for more than two hours. Keep track of how long foods have been sitting on the buffet table and discard anything that has been there two hours or more.

### KEEP HOT FOODS HOT & COLD FOODS COLD

Hot foods should be held at 140°F or warmer. On the buffet table you can keep hot foods hot with chafing dishes, slow cookers, and warming trays. Cold foods should be held at 40°F or colder. Keep foods cold by nesting dishes in bowls of ice. Otherwise, use small serving trays and replace them.

### FOOD SAFETY QUESTIONS??

Call the USDA Meat & Poultry Hotline!!

If you have a questions about meat, poultry, or egg products call the **USDA Meat and Poultry Hotline toll free at: 1-888-674-6854**

The hotline is open year round Monday through Friday from 10:00 a.m. to 4:00 p.m. EST (English or Spanish). Recorded food safety messages are available 24 hours a day. Send E-mail questions to [mphotline.fsis@usda.gov](mailto:mphotline.fsis@usda.gov)

Source:

**USDA Food Safety and Inspection Service**



**SAVE THE  
DATE . .**

**“DINE IN” With Us**

**On Saturday, December 3, 2016**

**Join thousands of Americans as we  
DINE IN with family and friends !!**

**Prepare and eat a healthy meal**

**AT HOME !!!!!**

**Visit [www.aafcs.org/FCSday](http://www.aafcs.org/FCSday) for more  
ways to get involved and access resources  
for this special day!!**





# Creating a "Reader Friendly" Home



A home filled with reading material is a good way to help kids become enthusiastic readers. What kind of books should you have? Ask your kids or grandkids about their interests. If they are too young to have a preference, your local librarian can offer suggestions about age-appropriate books.

Here are some reader-friendly tips:

- ◇ **Keep a varied selection.** Collect board books or books with mirrors and different textures for babies. Preschoolers enjoy alphabet books, rhyming books, and picture books. Elementary-age kids will enjoy variety: fiction, nonfiction, and poetry, plus dictionaries and other reference books.
- ◇ **Kids can understand stories they might not be able to read on their own.** If a more challenging book interests your child or grandchildren, make it something to read together. Younger kids can look at illustrations in books and ask questions as they follow along.
- ◇ **Don't limit reading material to books.** Kids might also enjoy: Magazines, audio books, postcards, emails, and text messages from relatives, photo albums or scrapbooks, newspapers, comic books or magnetized alphabet letters.
- ◇ **Keep reading material handy** Keep sturdy books with other toys for easy exploration. Books near the changing table and high chair can be helpful distractions for younger kids at appropriate moments. Plastic books can even go in the bathtub. Keep books next to comfy chairs and sofas where you cuddle up so you can read after feedings and before naps.

- ◇ **Create a special reading place.** As kids grow, keep age-appropriate books and magazines on shelves they can reach in their favorite hangouts around the house. Make these shelves appealing and keep them organized. Place some of the books with the covers facing out so they are easy to spot. Put a basket full of books and magazines next to their favorite places to sit. Create a cozy reading corner, and encourage kids to use it by setting up "reading corner time" each day.
- ◇ **Keep it appealing.** Make sure reading areas have good lighting. Change the materials often — add seasonal books, rotate different magazines, and include books that relate to what kids are interested in or studying in school. Decorate the corner with your child's or grandchild's artwork or writing. Place a CD or tape player nearby for audio books.
- ◇ **Encourage kids to create the reading.** Set up a writing and art center and encourage kids to make books, posters, or collages that they decorate with their own pictures and writing. Kids love to read things they have written themselves or to share their creations with family and friends.
- ◇ **Think about the "atmosphere" . . .** Give your child or grandchild a special, cozy space, and quiet time every day to read or write. Limit time kids spend in front of a screen (including TV, computer, and video games) to help ensure that they have time for reading. Keep reading activities family-centered, and take an active role in guiding your child in reading activities and media. Even with today's high use of technology, parents can decide how much print and how much media to allow into story time. Reading e-books does not have to mean sacrificing lap-time. Make sure to snuggle up with a story often, in whatever format. Read **TOGETHER**. Offer to read a book aloud or ask your child or grandchild to read to you from a favorite book or magazine. Make a habit of sitting together while you each read your own books, sharing quiet time together.



Source: <http://kidshealth.org/en/parents/reading-home.html?WT.ac=ctg#catall-reading>

## A NEW LOOK for Turkeys. . .

Even turkeys like to take on a NEW look every now and then and here's the latest "fashion" for your Thanksgiving table decorations AND a nutritious treat that can be enjoyed the next day for breakfast or mid morning snack!!

### SUPPLIES:

- 2 olive green or brown felt pieces, approximately 10" X 4" for head & neck
- Small scraps of white and black felt for eyes
- Small scraps of gold felt for turkey beak
- Small scraps of red felt for turkey wattle
- 2 wooden shish kabob skewers
- Cotton batting for "stuffing"
- 1 fresh pineapple



### DIRECTIONS:

1. Cut out pattern from various pieces of felt
2. Stitch or glue edges
3. Stuff with cotton batting
4. Position skewers for neck in the fresh pineapple .
5. Place pineapple on side and poke skewers in the pineapple. ENJOY!

# What's **NEW** with the **FLU**. . . **Cold & Flu** **Prevention Steps for YOU**

According to the Center for Disease Control (CDC), flu season in the United States usually starts around October and can last through May. To minimize your chances of getting the flu from sick co-workers, students or fellow commuters, make sure you follow these important steps to protect you and your family from the spread of cold or flu germs:

1. *Avoid touching your eyes, nose or mouth. Germs spread this way.*
2. *Cover your nose and mouth with a tissue when you cough or sneeze.*
3. *Cough or sneeze into your sleeve if you don't have a tissue.*
4. *Throw the tissue in the trash after you use it.*
5. *Wash your hands often with soap and water, especially after you cough or sneeze. Hand sanitizers are also effective.*
6. *Disinfect frequently touched surfaces.*
7. *Avoid contact with sick people.*
7. *If you get sick, stay home from work or school except to seek medical care and limit contact with others.*



**Source: American Cleaning Institute and Center For Disease Control**



# Thanksgiving . . .

**In the spirit of Thanksgiving, the following is something for YOU to ponder .....**

- \* If **YOU** woke up this morning with more health than illness, **YOU** are more blessed than the million who will not survive this week.
- \* If **YOU** have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation, **YOU** are ahead of 500 million people in the world.
- \* If **YOU** can attend a church meeting without fear of harassment, arrest, torture or death . . . **YOU** are more blessed than three billion people in the world.
- \* If **YOU** have food in your refrigerator, clothes on **YOUR** back, a roof overhead and a place to sleep . . . **YOU** are richer than 75% of this world.
- \* If **YOU** have money in the bank, in **YOUR** wallet, and spare change in a dish someplace . . . **YOU** are among the top 8% of the world's wealthy.
- \* If **YOUR** parents are still alive and still married . . . **YOU** are very rare, even in the United States.
- \* If **YOU** hold up **YOUR** head with a smile on **YOUR** face and are truly **THANKFUL** . . . **YOU** are blessed because the majority can, but most do not.
- \* If **YOU** can hold someone's hand, hug them or even touch them on the shoulder . . . **YOU** are blessed because **YOU** can offer a healing touch.
- \* If **YOU** can read this message, **YOU** just received a double blessing in that someone was thinking of **YOU** and furthermore **YOU** are more blessed than over two billion people in the world that cannot read at all. **YOU** are special. **Source: Anonymous**



# Candied Yams

Enjoy this side dish for a Thanksgiving treat or anytime yams are in season.

## Nutrition Facts

Serving Size 1/4 Cup (66g)  
Servings Per Container 6

Amount Per Serving

**Calories 90**      **Calories from Fat 5**

**Total Fat 1g**      **% Daily Value\***

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 100mg**      **4%**

**Total Carbohydrate 21g**      **7%**

Dietary Fiber 1g      **4%**

Sugars 11g

**Protein 1g**

Vitamin A 2%      •      Vitamin C 25%

Calcium 2%      •      Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## INGREDIENTS:

- 1 1/2 cup yams
- 1/4 cup brown sugar (packed)
- 1 teaspoon flour (sifted)
- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon (ground)
- 1/4 teaspoon orange peel
- 1 teaspoon margarine, tub (soft, unsalted)
- 1/2 cup orange juice

## INSTRUCTIONS:

1. Preheat oven to 350°F.
2. Cut yams in half and boil until tender, but firm (about 20 minutes). When cool enough to handle, peel and slice into 1/4 inch thickness.

3. Combine sugar, flour, salt, cinnamon, nutmeg, and grated orange peel.
4. Place half of sliced yams in medium-sized casserole dish. Sprinkle with spiced sugar mixture.
5. Dot with half the amount of margarine.
6. Add second layer of yams, using the rest of the ingredients in the order given in recipe. Add orange juice.
7. Bake uncovered for 20 minutes.

Serving Cost: \$0.21

Yield: 6 servings

**Source: SNAP-Ed Connection Recipe Finder Cookbook -Thanksgiving; US Department of Health & Human Services, National Institutes of Health, National Heart, Lung & Blood Institute, Heart Healthy Home Cooking: African American Style.**



**Name:** Karen DeZarn

**Phone:** 512-556-8271

**Physical Address:** 409 S. Pecan St., Suite 102, Lampasas TX 76550

**E-mail:** kjdezarn@ag.tamu.edu

*Family & Consumer Sciences "Connections"*

*is provided by these*

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*Family and Consumer Science Agents:*

**Courtney Levens, Brown County (11/7/16)**

**Linda Wells, Burnet County**

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**Mandi Seaton, D7 Regional Program Leader**

## Lampasas County News



The *Growing and Nourishing Healthy Communities* program is coming to Lampasas County as part of the BLT—Better Living for Texans program. It aims to increase the availability of healthy foods, specifically fresh produce, through the use of community gardens.

Funded by the Supplemental Nutrition Assistance Program, the *Growing and Nourishing Healthy Communities* program teaches participants how to grow their own produce. If you would like to become a volunteer or donate items to help with this program contact Karen Longoria, BLT Nutrition Assistant or Karen DeZarn at 512-556-8271