Raising Kids, Eating Right, Spending Smart, Living Well

NOVEMBER 2019

TIMELY TIPS

Recently, it has been widely reported that chicken should not be washed before it is cooked. The USDA recommends all raw poultry and meat be cooked without washing. This is because washing may spread the bacteria found in raw meat and poultry juices to other foods and kitchen surfaces. Cooking the product to the right temperature kills bacteria, so washing is not needed.

Chicken and turkey are common sources of salmonella and other bacteria. Just before Thanksgiving 2018, salmonella illness linked to raw turkey sickened 184 people in 35 states. The size of a raw turkey makes it hard to wash without splashing nearby kitchen surfaces, causing cross contamination. The best plan for cooking a turkey safely is to clean, separate, cook, and chill as advised below:

Clean
- Wash hands with warm, soapy water for 20 seconds before and after handling food. Remove rings and clean between fingers and under fingernails.
- Wash knives, cutting boards, dishes, countertops, and sink with hot, soapy water before and after preparing each food item.
- Make a solution of one Tbsp. bleach in one gallon of water and use to sanitize all surfaces.
- Use paper towels to clean kitchen surfaces. If cloth towels are used, wash them often in hot water.

Separate
- Store raw poultry on lower shelves of the refrigerator to keep it cooler. Seal well to make sure it doesn’t leak onto other foods.
- Use separate cutting boards for raw poultry and fresh produce. Never place cooked food on a plate that held raw poultry.

Cook
- Cook the turkey to an inside temperature of 165° F. Use a clean food thermometer to measure the temperature of the turkey flesh. Insert the thermometer deeply into the thickest part of the turkey breast or thigh. Avoid touching bone.
- Do not stuff the turkey. Cook stuffing separately to 165° F. Reheat leftovers to at least 165° F.
- Chill
- Refrigerate or freeze leftover turkey within two hours. (One hour if temperatures are above 90° F.)
- Thaw a raw turkey in the refrigerator, in cold water, or in the microwave.

Table of Contents

TIMELY TIPS ..................1
EATING RIGHT ...............2
SPENDING SMART ..........2
WHAT’S COOKING ..........2
RAISING KIDS ..............3
LIVING WELL ...............3
COUNTY INFORMATION .......4

Source: Jackie Walten, MBA, RDH, Extension Specialist Senior for Nutrition Education
Have a Heart-healthy Holiday

The holiday season can take a toll on our stress levels and diets. However, it is also important to avoid adding further stress to the season by trying to deprive yourself of foods you and your family love. The trick is to find a balance. Heart disease is the leading killer of both men and women in the United States, but you can prevent or delay most of its effects through small ongoing lifestyle changes. We can brighten up our holiday spirit by making health a priority this season. Follow these small healthy tips and get ready to enjoy the season!

1. Learn Your Heart-health History. While the family is gathered together, take time to learn about your family health history. This way you can know your risks by talking to your doctor about your health history.

2. Stay Active. Sprinkle in some healthy behaviors with your daily activities. For example, park farther away when doing holiday shopping to get in a few extra steps. You can even use a trip to the gym as an opportunity to catch up with friends or get some much-needed time to yourself. Shoot for at least 30 minutes of activities on most days.

3. Eat Healthy. When possible, make healthy choices. However, do not deprive yourself of those holiday favorites. You can still enjoy some indulgences, just in smaller portions. If you are the host of a holiday party, challenge yourself to make up a delicious and heart-healthy menu.

4. Take Time to Recharge. Give yourself the gift of peace. With the busy holiday schedule, make sure to take care of yourself to prevent getting run down. This could be small self-care acts like a facial mask, bubble bath, or massage to relieve stress. You might want to consider a cuddle with your favorite furry creature to take off the edge.

Source: Natalie Jones, Family Health Extension Specialist

Holiday Spending Tips

Holiday spending is more than just purchasing popular gifts. Other expenses like family dinners, office parties, decorations, greeting cards, and outings with kids and friends all take a toll on household budgets in the winter.

Consumers told the National Retail Federation that they planned to spend $1,007.24 last year in these categories. Cut back your household’s spending this year by planning ahead and working within your budget limitations.

PLANNING AHEAD

Maintain control of your money by setting limits, making lists, and sticking to a budget you can afford. If you tend to overspend, consider a cash-only or envelope system. Start buying early so you can spread out the cost over more than one month. List what you need and what you’ve already purchased.

If your shopping list is a little more than you can afford, consider giving up something you regularly spend money on and putting that extra cash into your holiday fund. Or increase your income by finding part-time seasonal work.

WORKING WITHIN YOUR BUDGET LIMITATIONS

You don’t have to keep up with the Joneses. Give what you can afford. You could trim your list or discuss setting a spending limit within the group. They may all appreciate that you brought up the topic.

For larger groups you could suggest a gift exchange. Buying one very nice gift may cost less than buying multiple smaller gifts. Start a Secret Santa or White Elephant exchange and have each person in the drawing include a wish list of items within the set price range.

You could do something thoughtful instead of expensive. Create something crafty, bake, or spend time doing a task or activity that will be appreciated. Another idea is to donate to charity in place of gift giving.

Sales, coupons, and apps that help you find better prices may keep costs down. However, making the most of these resources can take a lot of time. Beware the temptation to overspend or buy an item you don’t need just because it’s a bargain.

Finally, pay attention to your holiday spending. If you find you spend big and want to continue doing so next year, make it a regular part of your budget. Total your holiday spending and divide by 12. That is how much you should save per month next year. Consider if your personal “savings layaway.”

Source: Kelly May, Senior Extension Associate for Family Finance and Resource Management

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EAT, DRINK & SHOP

2019 Winter Wonderland

Saturday, November 16, 2019
10:00 am–3:00 pm
Southern Elementary School
Highway 27, Falmouth

***ATTENTION SHOPPERS AND CRAFTERS***
Unique approach to Holiday Craft and Gift Sale
Homemade crafts, candy and baked goods, chili and chili dogs.
Get your picture made with Santa.
For more information, please call 654-3395
The Pendleton County Extension Office and Pendleton Hills are joining together to bring fun events to our lovely county!

- **Evening Events** will have limited space and require RSVP.
- **Lunch & Learn Events** do not require RSVP, but you will need to arrive at noon to order food before the event begins.

See info below, and call 859.654.3395 if you have any questions.

### Evening Events:

**Location:** Pendleton Hills Carriage House  
317 Country Club Drive  
Butler, KY 41006  
**Cost:** $10.00 to cover materials  
**Optional:** Food & drinks will be available to purchase.  
**RSVP:** 859.654.3395

**Dates & Topics:**

- **7:00 PM:** Monday, January 13  
  **Pressure Cooker Pointers:** learn how to use an electric one, recipe ideas, and an electric pressure cooker giveaway!

- **7:00 PM:** Monday, February 10  
  **Cake Artistry:** learn some simple and beautiful techniques for decorating cakes.

- **7:00 PM:** Monday, March 23  
  **Easter Best:** We will be making an Easter egg centerpiece, perfect for your table.

- **7:00 PM:** Monday, April 13  
  **Burlap & Brews:** Join us to make a Burlap Spring Wreath to say goodbye to winter and hello to spring!

### Lunch & Learn Events:

**Location:** Pendleton Hills Restaurant  
317 Country Club Drive  
Butler, KY 41006  
**Cost:** Lunch can be purchased at the restaurant; information is free

**Dates & Topics:**

- **12:15—1:00 PM:** Monday, January 13  
  **Winterize Yourself:** Being safe during the winter months.

- **12:15—1:00 PM:** Monday, February 10  
  **Heart Health:** learn about the best ways you can take care of your heart.

- **12:15—1:00 PM:** Monday, March 23  
  **Seed Starting:** want to start a garden? Come find out how!

- **12:15—1:00 PM:** Monday, April 13  
  **Goin’ Mowin’:** tips for getting your lawn and equipment ready for spring.

### Tips for grocery shopping with kids

Navigating the grocery store with children can be a daunting task. Children are surrounded by the temptation of sugary sweets that keep parents off-track and over budget. Use these tips to help kids stay calm at the grocery store.

- Start off on a full stomach. Adults and children are more likely to make impulsive purchases, especially sugar-laden ones, when hungry. Eat a balanced meal or snack before your trip to help resist the urge to splurge.

- Stay on track. Come to the grocery store with a specific list of what you need. Explain to your child that you will not be veering off the list. With practice, children will see that if it is not on the list, it is not going in the cart. Let children check off the list to practice reading skills and keep them occupied.

- Have a back-up plan. Even though you ate before you came, pack an emergency snack just in case. Bring a toy or a coloring book to distract children as well. Wait to use these tools until needed.

- Play a game. Play eye-spy, mainly in the produce section. This can keep them entertained and help avoid them thinking about other candies and treats nearby.

- Keep your eye on the prize. Grocery stores are often set up so that you pass lots of items before you get to necessities like bread, eggs and milk. Stay on track and use the outer perimeter of the store, if you can, so you don’t find yourself passing through the cookie aisle on your way to the milk.

### Roasting a Turkey Safely

Always buy a turkey from a safe source. The local health department inspects grocery stores for safety. Permits and licenses are public records.

- **Roast a turkey**, at 325° F or higher. Place the turkey breast-side up on a rack in a shallow roasting pan and tuck the wing tips under the shoulder. Add 1/2 cup of water to the bottom of the roasting pan. For a moist bird, a foil tent can be placed loosely over the turkey for the first one to one and a half hours of cooking time. The foil should then be removed so the turkey will brown. For food safety reasons, it is best to cook stuffing in a casserole dish rather than stuffing the bird.

- The chart below estimates roasting times. A food thermometer should always be used to make sure the temperature inside the turkey has reached at least 165° F. Check the temperature in the innermost part of the thigh or the thickest part of the breast. Insert the thermometer to the center of the muscle. Avoid touching bone. Allow the bird to rest 20 minutes before carving.

<table>
<thead>
<tr>
<th>Turkey Size</th>
<th>Approximate Roasting Time</th>
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<tbody>
<tr>
<td>4 to 8 pounds (breast)</td>
<td>1½ to 3¼ hours</td>
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<tr>
<td>8 to 12 pounds</td>
<td>3 to 3¾ hours</td>
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<tr>
<td>12 to 14 pounds</td>
<td>3¾ to 4¼ hours</td>
</tr>
<tr>
<td>14 to 18 pounds</td>
<td>4 to 4½ hours</td>
</tr>
<tr>
<td>18 to 20 pounds</td>
<td>4¼ to 4½ hours</td>
</tr>
<tr>
<td>20 to 24 pounds</td>
<td>4½ to 5 hours</td>
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Refrigerate leftovers within two hours to prevent foodborne illness.

For more information about preparing a turkey safely and other food safety tips, contact your County Extension Office.
Chicken and Brussels Sprouts 
One Pan Meal

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 skinless, boneless chicken breasts (about 1 pound)</td>
<td>2</td>
</tr>
<tr>
<td>1 tablespoon olive oil</td>
<td>1</td>
</tr>
<tr>
<td>Salt and pepper to taste</td>
<td></td>
</tr>
<tr>
<td>12-14 Brussels sprouts, trimmed and quartered</td>
<td>12-14</td>
</tr>
<tr>
<td>1 cup diced fresh mushrooms</td>
<td>1</td>
</tr>
<tr>
<td>1 red bell pepper, diced, about 1 cup</td>
<td>1</td>
</tr>
<tr>
<td>1 medium yellow onion, sliced, about 1 cup</td>
<td>1</td>
</tr>
<tr>
<td>2 cloves garlic, minced</td>
<td>2</td>
</tr>
<tr>
<td>1/2 cup half-and-half</td>
<td>1/2</td>
</tr>
<tr>
<td>1/4 teaspoon nutmeg</td>
<td>1/4</td>
</tr>
<tr>
<td>1/4 cup Parmesan cheese</td>
<td>1/4</td>
</tr>
</tbody>
</table>

Preheat oven to 425 degrees F. Cut chicken into bite-sized pieces. Heat oil in a heavy, oven-safe skillet or pan over medium heat. Add chicken and sauté 3-4 minutes. Lightly season with salt and pepper. Add vegetables and stir gently to combine. Cook 3-5 minutes until vegetables are tender. Remove from heat. If skillet or pan is not oven-safe, transfer mixture to a baking dish. In a small bowl, combine half-and-half, nutmeg and salt and pepper to taste. Pour mixture over chicken and vegetables. Sprinkle with Parmesan cheese. Bake 25-30 minutes until lightly golden on top. Serve hot.

Yield: 6, 1 cup servings

Nutritional Analysis:
220 calories, 9 g fat, 3.5 g saturated fat, 0 g trans fat, 70 mg cholesterol, 340 mg sodium, 11 g carbohydrate, 3 g fiber, 4 g sugars, 23 g protein.

SAVE THE DATE FOR OUR NEXT AREA HOMEMAKER LESSON TRAINING

Simplify Your Life
January 15th 2020
11:00AM-2:00PM
Boone County Extension Center

Holiday Open House 
and Recruitment Drive

Thursday, November 7, 2018
3:00-7:00pm

Presented by: Kenna Knight
Pendleton County Agent for Family 
And Consumer Sciences

Crafts in the Holiday Book will be on display, Recipes will be available for tasting.

Those attending will receive a copy of the Holiday Book, make a Holiday craft and learn more about Homemakers.