

FAMILY & CONSUMER SCIENCES

Anderson County Extension Family & Consumer Sciences Newsletter

November, 2024

Building Strong Families



Cooperative Extension Service
Anderson County
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Important Dates:

- November 2**—Basket Guild, 10—3 p.m.
- November 4**—Quilt Guild, 6 p.m.
- November 5**—Extension Office Closed for Presidential Election Day
- November 7**—EH Project Day, 9—4 p.m.
Lunch & Learn, 11 a.m.
- November 9**—2nd Saturday Sew, 10—4 p.m.
- November 11**—Little Circle, 12 p.m.
Friendship Circle, 5 p.m.
Bingocize Nutrition, 10—11:30 p.m.
- November 15**—Bingocize Nutrition, 10—11:30 p.m.
- November 18**—Bingocize Nutrition, 10—11:30 p.m.
- November 21**—Homemaker Council Meeting, 10 a.m.
- November 22**—Bingocize Nutrition, 10—11:30 p.m.
- November 23**—Quilting Bees, 10—4 p.m.
- November 25**—Bingocize Nutrition, 10—11:30 p.m.
- November 28-29**—Extension Office Closed for Thanksgiving Holiday

Leader Training for November—Savoring the Eating Experience: *The Art of Eating Mindfully*

Many of us eat mindlessly without recognizing it, sometimes leading to over-eating or negative emotions around food. Learn about mindful eating practices and how to enjoy food with no distractions, creating an eating experience with increased awareness that is judgment- and guilt-free.



The link to the YouTube video will be sent to all homemakers by email or you may watch in conjunction with your regular monthly homemaker meeting.

Lunch & Learn

November 7, 11:00 a.m.—12 p.m.

Call the Extension Office at 839-7271 to register!

FREE!!

Join the homemakers as our FCS Agent, Kennedy Hannah, demonstrates recipes from the 2024 Food and Nutrition Recipe Calendar! He will be sharing “Hearty Harvest Bowl” this month!



Cooperative Extension Service

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities accommodated with prior notification.

Let's Talk Turkey Safety

Source: Annhall Norris, UK Extension Specialist

It's nearly Thanksgiving, and soon, delicious, juicy turkeys will take center stage at many of our holiday meals. It's so important to properly cook and prepare these birds, because you don't want anyone to get sick from a food-borne illness.

It does not matter whether you purchase a fresh or frozen turkey. But if you plan to purchase a pre-stuffed turkey, make sure it is frozen and has a seal that states it was inspected by either the U.S. Department of Agriculture or a state department of agriculture. The USDA does not recommend that you purchase a fresh, pre-stuffed turkey, because if handled incorrectly, harmful bacteria can quickly grow in the stuffing.

You can safely thaw turkeys in either the refrigerator, cold water or the microwave if the turkey is cooked immediately. You can safely cook a frozen turkey but realize that it will need to cook at least 50% longer than a thawed one.

Once you are ready to cook your turkey, set the oven temperature no lower than 325 degrees Fahrenheit and place it on a rack in a shallow roasting pan. You can add one-half cup of water to the bottom of the pan to keep the turkey moist. For optimal food safety, the USDA recommends that you separately cook the turkey and stuffing, so you can make sure both items reach 165 degrees Fahrenheit.



Measure the turkey's internal temperature with a food thermometer, even if the turkey includes a pop-up thermometer. Check the temperature in several locations including the thickest part of the breast, the innermost part of the thigh and the innermost part of the wing to make sure the temperature is 165 degrees throughout.

Remember to store leftovers within two hours after the meal. Discard any food that's been left out longer than that. To make reheating easier, divide leftovers into small portions. Eat refrigerated leftovers within three to four days. Frozen leftovers will keep for two to six months. Remember when reheating leftovers, make sure the internal temperature of the food is at least 165 degrees.

More food safety information and timetables for proper thawing and cooking are available on the USDA Food Safety and Inspection Service website at <http://bit.ly/1uKfrNI>. For additional food safety information, contact the Anderson County Extension office.

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You can view this newsletter & find a variety of other information & upcoming events on our county website.

Visit us at: <http://anderson.ca.uky.edu>

Follow us on Facebook: <http://www.facebook.com/andersoncountyCES>

Let us know if you have any questions about this newsletter or need additional information.

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