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Raising Kids, Eating Right, Spending Smart, Living Well

TIMELY TIPS 

NOVEMBER 2018

Turkey Tips

For many of us, Thanksgiving dinner is the largest meal we prepare all year. So much time and effort goes into planning the meal. Follow these food safety tips to ensure a safe and delicious turkey at your Thanksgiving dinner.

- Purchase fresh turkeys no more than two days before cooking.
- Frozen turkeys can be purchased several weeks ahead. Be sure to allow enough time for thawing. Thawing should never be done at room temperature. Thawing should be done in the refrigerator, in the sink using cold water that is changed every 30 minutes or in the microwave if followed by immediate cooking.
- Before preparing foods, wash your hands with soap and warm water for 20 seconds.
- Don't wash the turkey. This can spread bacteria onto kitchen surfaces. All raw meat contains bacteria. Washing the meat will not remove the bacteria. The only way to remove the bacteria is to properly cook the turkey.
- Keep the turkey away from all other foods before cooking in order to avoid cross contamination. Don't prepare any other foods until you have the turkey in the oven and have properly cleaned and sanitized the area.
- If possible use a different cutting board and knife when preparing the turkey. Wash and sanitize everything that touched the raw meat, even countertops.
- Cook the turkey until it reaches 165 degrees F, measured with a metal stem thermometer. The temperature should be checked in three places; the thickest part of the breast, the innermost part of the wing, and the innermost part of the thigh.
- It is always safer to cook the stuffing separately. However, if you choose to stuff your bird, use a metal stem thermometer to check the temperature of the stuffing too. The center of the stuffing should reach at least 165 degrees F.
- Refrigerate leftovers within two hours.
- Do not store stuffing inside the turkey. Remove the stuffing from the bird and refrigerate it in a separate container.
- Remove the meat from the turkey before storing in the refrigerator. Legs and wings can be left whole. Remember to eat those leftovers within 3-4 days. If the meat will not be eaten within 4 days, freeze the meat for up to 4 months for best quality.

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Source: USDA <https://www.foodsafety.gov/keep/events/thanksgiving/index.html>
Source: Annhall Norris, Extension Associate for Food Safety and Preservation; University of Kentucky, College of Agriculture, Food

“I believe that the greatest gift you can give your family and the world is a healthy you.” - Joyce Meyer

A PUBLICATION OF NORTHERN KENTUCKY FAMILY & CONSUMER SCIENCES AGENTS

Managing High Blood Sugar During the Holidays

It can be overwhelming when thinking about holiday foods and managing blood sugar. Some people may even feel isolated when they sacrifice sweets and holiday drinks, when everyone else seems to be indulging. Luckily, planning ahead and following these tips may help keep your blood sugar steady and within the normal range, allowing you to participate in the holiday fun.

- Know what foods can cause your blood sugar to quickly rise. These include but aren't limited to grains such as bread, pasta and crackers, high-starch vegetables like potatoes and corn, juice, regular soda, cakes, cookies and other sweets.
- Bring your own dish to a party or potluck. This ensures there will be a low-sugar food available for you to eat.
- Scout out the buffet line. Start with salad and non-starchy vegetables to take away that initial hunger that can lead to over-eating high sugar foods.
- Don't forget about the effects of adult beverages on blood sugar. Stick to the recommendations of 1 alcoholic drink/day for women and 2 drinks/day for men. It is best to sip your beverage with a snack or enjoy with a meal to minimize very low blood sugar, especially if you are on insulin.
- Don't skip meals. Don't "save up" throughout the day to overindulge at the holiday meal. It is best to keep blood sugar levels steady throughout the day. It may also help to eat your holiday meal as close to your regular meal time as possible.
- Go for a walk after the meal. Not only can this be fun for family and friends, but can help keep blood sugar levels in the normal range.
- Celebrations should be more than food. Make new traditions for the holidays. For example, go ice-skating, host a craft party or volunteer with friends and family.



By following all of these tips and tricks, you can still enjoy the holidays and all the delicious food. It is important to be aware of your blood sugar and know what works for you as well as staying active, even with all of the big events coming up.

Source: Hannah Ford Hickey, Graduate Student Teaching/Research Assistant, Department of Dietetics and Human Nutrition; University Of Kentucky; College of Agriculture, Food and Environment

Stretching Your Dollar

At the end of the year, do you wonder what happened to your money? Are you regularly tempted to spend when you have a few extra dollars in your pocket? Spending and savings habits are directly linked to financial stability. Understanding how and where you spend money is important for financial success. You can take several steps to maximize your money each month.

- First, get organized. Keep all of your bills and important financial papers in one place. Track your spending for one month by writing down your expenses, including big expenses such as rent and car payments as well as the little everyday expenses, such as vending machine purchases. Remember that small expenses add up over time, so it is important to include them in your spending log. Next, identify the total amount of money you earn for the month. This includes take-home pay, any investment income or additional income from a second job.
- Develop a plan on paper for how you will spend your money each month. Remember that for big expenses, such as car insurance, vacations or holidays, you may want to set aside a little each month so you are prepared when these events occur.
- After two to three months, evaluate the spending plan. Are you overspending in any category? If so, readjust it to more accurately reflect your spending habits or identify alternatives to help reduce expenses. Keep working at your spending plan until you find a combination that works for the needs of your family.
- To save more, consider changing your shopping habits. It is important to realize that stores arrange goods and merchandise to tempt you to make a purchase. Stores use sales signs, displays and salespeople to draw your attention to specific items. Next time you are at the store, try to identify the stimulus that encourages you to buy, and then try to avoid these areas in the future. Other tips for breaking bad spending habits include: limiting the number of trips you make to the store. The less often you shop, the less likely you will be tempted to make unnecessary purchases. Make certain you have a plan prior to entering the store. Know why you are there and stick to your shopping list. If you see an item that you would really like to purchase, identify alternatives first.



Reference: <http://www2.ca.uky.edu/moneywise/agents/downloads/moneywise-newsletters/volume3/v3-i10-MoneyWise-newsletter.pdf>

Source: Alex Elswick, Extension Associate for Family Resource Management; University of Kentucky College of Agriculture, Food and Environment

Meaningful Holidays for your Children

Holidays can be times of excitement and joy for all, but especially to children, who always look forward to receiving presents, oftentimes costly and unnecessary. Sometimes our children are more concerned about the presents they want, and forget the true meaning of the holidays: shared time and enriching experiences. Here are a few tips for parents to help their children focus on the true meaning of the holidays.

- Talk with your children about family traditions and the importance of conserving them. Encourage your children ask older relatives about the things they did to celebrate their holidays as children. Perhaps your children may get new ideas about how to spend the holidays with family and friends. If you do not have family traditions, this would be a great time to ask your children for fun activities they would enjoy doing during holidays, and make them a tradition.
- The holidays are a good opportunity to give back to your community. Talk to your children about the importance of volunteer work or community service, and help them get ideas to volunteer around the holidays. Volunteer as a family at a local food pantry or soup kitchen. Kids can also give of their time and help other family relatives or neighbors with house chores, yard work or care.
- Involve your children in making gifts or preparing food for family members and friends. Cards, photo albums, scrapbooks, paintings/drawings, cakes and other baked goods can be great ways to create gifts for others. Make gifts that are appropriate to your child's age and ability. Emphasize what really matters is to express love and gratitude, no matter how people do it.

Reference: Kids Health. Making the Holidays Less Materialistic. http://kidshealth.org/parent/positive/talk/holidays_materialistic.html#

Source: David A. Weisenhorn, Senior Extension Specialist for Parenting and Child Development Education; University of Kentucky College of Agriculture, Food and Environment



More Good News About Exercise

Many of us have a hard time linking good news and exercise, but there is some! Almost 75,000 healthy people replied to a large survey conducted in Norway. They were followed for 9-13 years during the study. The questions at the beginning included ones about exercise and about how hard they were working out. This was based on whether the persons were breathless and sweating or not, or whether they were near collapse after exercising. For the 22,500 plus folks who remained in the study and did not exercise at all, there was a 44 percent greater chance of having depression compared to those who exercised 1-2 hours per week. Did you take that in? The data shows that one hour of exercise per week decreased depression. This was for both those over and under 50 years old. It also did not matter if they were male or female or if exercised hard or not. Exercise does not need to be a marathon nor a sprint to reduce the rate of depression. It just needs to be a stroll!

Exercise and the Prevention of Depression: Results of the HUNT Cohort Study, SB Harvey, S Overland, S Hatch, S Wessely, A Mykletun, M Hotopf. Published online: October 3, 2017. <http://ajp.psychiatryonline.org/doi/abs/10.1176/appi.ajp.2017.16111223>

Source: Janet Kurzynske, Extension Specialist for Food and Nutrition, University Of Kentucky; College of Agriculture, Food and Environment



Cauliflower Mushroom Poppers

Yield: 20 servings, 3 mushrooms per serving

- 1 head cauliflower, chopped
- 60 whole baby portabella mushrooms
- 1 cup nonfat plain yogurt
- 1/2 cup reduced fat shredded cheddar cheese
- 1/4 cup Parmesan cheese
- 3/4 cup crushed bran flakes
- 1/2 cup chopped red bell pepper
- 1/2 cup chopped green bell pepper
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon garlic powder
- Paprika

Preheat oven to 325 degrees F. Grease a 9-by-13-inch baking pan. Steam the cauliflower by placing in a saucepan in 1/2-inch of boiling water, cover with lid and cook for 5 minutes. Drain. Place cooked cauliflower in a bowl and mash using a potato masher. Remove the stems and scoop out the caps of mushrooms. Chop stems for later use. Combine yogurt, cheddar cheese, Parmesan cheese, bran flakes, bell peppers, salt, pepper and garlic powder in a medium bowl. Stir in cauliflower and 1/2 cup of the reserved chopped mushroom stems. Stuff the cauliflower mixture into the hollowed mushroom caps. Sprinkle with paprika. Bake, uncovered for 20 minutes.

Nutritional Analysis: 45 calories; 1.5g fat; 1g saturated fat; 5mg cholesterol; 200mg sodium; 5g carbohydrate; 1g sugars; 4g protein

Source: Plate it up Kentucky Proud at <https://fcs-hes.ca.uky.edu/recipe/cauliflower-mushroom-poppers>

NEWS...FROM BOONE COUNTY COOPERATIVE EXTENSION SERVICE

CALL 859-586-6101 TO REGISTER FOR ANY OR ALL OF THESE SESSIONS OR FOR ANSWERS TO QUESTIONS.

FAMILY AND CONSUMER SCIENCES ADVISORY COMMITTEE

WED, 11/7, 10:00 AM–12:30 PM. (Boone County Cooperative Enrichment Center, 1824 Patrick Drive, Burlington, Upper Level) Attend this meeting to provide ideas for educational programming, reaching new audiences, and evaluating previous educational efforts. Lunch provided for those who register.

ON THE ROAD TO RETIREMENT: ARE YOUR MONEY DUCKS IN A ROW OR RUNNING AMOK?

TUE, 11/13, 10:00 AM–2:00 PM. (Boone County Enrichment Center, 1824 Patrick Drive, Burlington, Lower Level) This information-packed, 4-hour workshop will feature speakers on Medicare, the latest on scams, auto and home insurance reminders, and basic investing and financial management for those nearly or newly retired. A light lunch served for those registered by 11/9/18. Presented by Kenton and Boone County Extension.

FRIDAY FOOD FUN: YOGURTS

FRI, 11/16, 10:00 AM–NOON. (Boone County Enrichment Center, 1824 Patrick Drive, Burlington, Upper Level) Learn about and sample some of the many yogurts on the market and their uses.

A POSITIVE APPROACH TO DEMENTIA CARE AND CAREGIVING VIA LIVE STREAM

FRI, 11/30. (Boone County Enrichment Center, 1824 Patrick Drive, Burlington, Lower Level) Teepa Snow, a well-known dementia educator, will be live-streamed from her presentation on dementia and caregiving at the University of Kentucky. The program is suitable for all in a caregiving role of those who just wish to learn more. Register for any or all of the sessions.

- **8:30-11:45 AM**—*The ABC's of Dementia and Caregiving – Essentials for Good Care*
- **12:45-2:15 PM**—*Teaching the Importance of Humor in Caregiving*
- **2:30 - 4:00 PM**—*Techniques for Enjoying the Holidays When Dementia is Part of the Picture*

Cutting Board Safety

Cutting boards are used for just about everything including breads, fresh fruits and vegetables, raw meat, chicken and seafood.



They are a potential source of cross contamination in our kitchen. That is why it's best to have a different cutting board for each product you are going to cut. Many stores are selling colored cutting boards or plastic cutting sheets for just this purpose. This way you can use one color for raw meat, another color for chicken and yet another color for fruits and vegetables. You decide on the color and stick to it. This will minimize cross contamination and prevent foodborne illness.

But which cutting board is the safest? The USDA recommends using a cutting board made from nonporous material like acrylic, plastic, marble, glass or wood. Nonporous materials are easier to clean and sanitize than wood. But wooden cutting boards are acceptable too. Just make sure you are buying one made from a solid hardwood like maple.

All cutting boards will show signs of wear over time. Once your cutting board develops deep, hard-to-clean grooves, it needs to be replaced. These grooves can harbor harmful bacteria that washing and sanitizing will not eliminate. So when you see those grooves, it's probably time to purchase a new cutting board.

To keep your cutting boards clean, wash them with hot, soapy water and rinse with clean water after each use. Sanitize with a mild bleach solution made from 1 tablespoon unscented, liquid bleach and 1 gallon water. Let the cutting board soak for several minutes. Allow to air dry or pat dry with paper towels. Acrylic, plastic, glass and solid wood cutting boards may also be washed in the dishwasher.

Reference: https://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/cutting-boards-and-food-safety/ct_index

Source: Annhall Norris, Extension Associate for Food Safety and Preservation; University of Kentucky, College of Agriculture, Food and Environment

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