

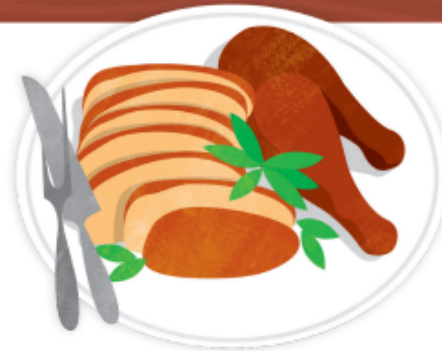
EFNEP Newsletter

Produced by Cornell Cooperative Extension November 2022

For more information about this and other Delaware County programs, call 607-865-6531.

TURKEY HANDLING

- Make space in your fridge or freezer (rearrange items, move shelves) for the bird!
- Purchase 1lb or more of turkey for each person you plan to serve.
- Fridge thawing frozen turkey - leave in original packaging, place in a shallow pan, allow 24 hours thaw time for each 4-5 pounds of meat
- Cold water thawing- leave in original packaging, place in a clean and sanitized sink or pan, submerge in cold water, change the cold water every half hour, allow a ½ hour thaw time for each pound of meat, and cook immediately.
- Keep the neck and giblets (if using for gravy) refrigerated until they are going to be cooked.



- Cook the turkey to an internal temperature of **165°F**, as measured by a food thermometer in the thickest part of both the bird's thigh and breast.
- **A stuffed turkey will take longer to cook than an unstuffed turkey.** The stuffing inside must cook to **165°F** as well.
- Let the turkey stand for 20 minutes after removing from the oven before carving.

LOVE LEFTOVERS?

SO DO WE!

Get them into the fridge within 2 hours. Reheat or freeze turkey and stuffing within 3-4 days. Use gravy within 1-2 days. If you slice and freeze the cooked turkey, it will keep for up to 3-4 months! Reheat leftovers to **165°F**; they should be hot and steaming. Bring gravy to a boil to reheat.

CONVENTIONAL OVEN ROAST TURKEY

12-14 lb Unstuffed Turkey

Roasting @ 325°F takes 3 to 3.75 hours. Use a food thermometer to be sure the internal temp reaches 165 °F!

Size/temp/time chart available at www.fightbac.org

RESOURCES

U.S. Food and Drug
Administration Hotline
1-888-SAFEFOOD
www.fda.gov/Food

U.S. Department of Agriculture
Meat and Poultry Hotline
1-888-MPHOTLINE
ask.usda.gov



Time to talk turkey!

Follow these simple instructions to keep you and your family safe from food borne illness this holiday season. With a little planning and a food thermometer, your family will enjoy a happy and healthy celebration.

WASH YOUR HANDS NOT YOUR CHICKEN



Before and after handling raw poultry, wash your hands with soap and water. Avoid washing or rinsing raw meats.



fightbac.org/poultry

The **EFNEP** program provides nutrition education to income-eligible families and children in counties throughout New York State.

A series of 8 classes is offered to adults in a variety of settings, including by Zoom and phone.

Workshop series include:

- Family Nutrition Education Curriculum
- Finding A Balance-Diabetes
- Healthy Children, Healthy Families
- Healthy Cents
- Breastfeeding

A series of 6 classes is offered to youth aged 8-12 in school and at after school locations.

Workshop series include:

- Choose Health: Food, Fun and Fitness
- Cooking Up Fun! Vary our Veggies
- Teen Cuisine

If you or your organization are interested in scheduling classes, please call your local nutrition educator:

Cornell Cooperative Extension of Delaware County

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KORNER IDS

“The Little Kids’ Table” by Mary Ann McCabe Riehle tells a fun tale about what really happens at the kids’ table during Thanksgiving dinner. Stop by your local library, borrow this book and read it with your child. Discuss with your child what they like about sitting at the kids’ table and what they love about Thanksgiving.

Cranberry Oatmeal Balls

Makes 8 servings, Serving size: 2 balls

Ingredients

- 1 cup oats (quick cooking or old fashioned rolled)
- 1/3 cup chopped almonds or any other nuts or seeds
- 1/3 cup peanut butter or other nut or seed butter
- 3 tablespoons honey
- 1/3 cup dried cranberries or other dried fruit

Directions

1. Wash hands with soap and water..
2. In a medium bowl, mix oats, almonds, peanut butter, honey and dried cranberries until well mixed.
3. Form about 2 tablespoons of the mixture into a ball and place on a baking sheet. Repeat with remaining mixture to make 16 balls.
4. Refrigerate for 30 minutes.

Notes:

1. Honey is not recommended for children younger than 1 year old.
2. Keep the oatmeal balls cool to avoid sticky fingers!

Nutrition Facts for 2 oatmeal balls: 180 calories, 7g total fat, 1g saturated fat, 0mg cholesterol, 65mg sodium, 24g total carbohydrate, 3g dietary fiber, 12g total sugars, 6g added sugars, 6g protein, 0% Vitamin D, 2% calcium, 6% iron, 2% potassium, 0% Vitamin A, 0% Vitamin C, 35% calories from fat

Source: foodhero.org



This material was funded by the USDA's Expanded Food and Nutrition Education Program.

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