

Family & Consumer Sciences Newsletter



Give Thanks

The holiday season is upon us! Thanksgiving is this month; this is a time to reflect on the blessings in our lives. Enjoy the time with your family and friends, and know that the Extension office wishes you a very Happy Thanksgiving!

This month's newsletter highlights food safety tips for those Thanksgiving turkeys and a delicious sweet potato casserole recipe. The first DIY Holiday Craft Workshop is November 15th. This workshop is a melt-and-pour soap-making class that will be fun for all!

Do you want to know what is happening with the Family & Consumer Sciences program over the next few months? For more information or to be on our email list about upcoming programs, send your email or mailing address to cpjohns5@ncsu.edu

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Thanksgiving Food Tips



Preparing for Thanksgiving

Avoid leaving food sitting at room temperature

- Plan for foods to finish cooking at the same time.
- Plan for which dishes need to be cooked with the oven vs. stove and which foods can be made and stored in the fridge.
- Hold hot food at 135°F or above until ready to serve. Slow cookers or warming pans can keep food hot.
- Hold cold food at 41°F or below until ready to serve.

Thanksgiving Leftovers

- When food sits at room temperature, bacteria that make people sick can grow quickly.
- After the meal, quickly cool food and store at 41°F or below.
- Perishable foods, such as those containing animal products, cooked vegetables, and grains, should be tossed or composted after 4 hours at room temperature.

Did you know?

Other equipment you may need includes:

Digital food thermometer
Refrigerator thermometer
Multiple cutting boards
Kitchen cleaner and sanitizer

Turkey Talk: Cooking

Poultry, like turkey and chicken, must be cooked to an internal temperature of at least 165°F/74°C for safety.


Check temperature in three spots:


1. Thickest part of the breast
2. Innermost part of the wing
3. Innermost part of the thigh



Old-Fashioned Sweet Potato Casserole

Marshmallow topping is delicious on this old-fashioned sweet potato casserole, but you can replace with pecans if you prefer a crunchier texture

 Total Time
Prep: 25 min. Bake: 45 min.

 Makes
10 servings

Ingredients

- 4 pounds sweet potatoes (about 5 large), peeled and cubed
- 1 cup 2% milk
- 1/2 cup packed brown sugar
- 6 tablespoons butter, softened
- 1 egg, lightly beaten
- 1-1/2 teaspoons ground cinnamon
- 1-1/2 teaspoons vanilla extract
- 3/4 teaspoon ground allspice
- 1/2 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 18 large marshmallows

Directions

1. Place sweet potatoes in a large saucepan; cover with water. Bring to a boil. Reduce heat; cover and cook until tender, 15-20 minutes; drain.
2. Transfer to a large bowl and mash. Add the milk, brown sugar, butter, egg, cinnamon, vanilla, allspice, salt and nutmeg; beat until smooth.
3. Transfer to a greased shallow 2-1/2-qt. baking dish. Bake, uncovered, at 350° until heated through, 40-45 minutes. Top with marshmallows. Bake just until marshmallows begin to puff and brown, 5-10 minutes longer.

From Taste of
Home

Nutrition Facts

3/4 cup: 282 calories, 8g fat (5g saturated fat), 43mg cholesterol, 227mg sodium, 50g carbohydrate (30g sugars, 4g fiber), 4g protein.

COMMUNITY EVENTS

Yadkinville Christmas Tree Lighting and Parade



Christmas Tree Lighting
Friday, December 1, 2023

6:00 PM

Christmas Parade
Saturday, December 2, 2023
10:00 AM



Saturday, November 18, 2023

Yadkinville United Methodist Church
204 West Main Street, Yadkinville

Doors Open @ 5:00 p.m. & Games Begin @ 6:00 p.m.

Proceeds support Early Literacy and Family Support activities for young children in Yadkin County.

\$30 packet includes:

- 20 games
- 1 coverall game
- 5 door prize tickets

Pre-ordered packets include a ticket for a FREE \$7 meal!

Food will be available for purchase!

- 2 hotdogs, chips, dessert & drink — \$7
- 2 slices of pizza, chips, dessert & drink — \$7
- 1 hotdog, chips, dessert & drink — \$5
- 1 slice pizza, chips, dessert & drink — \$5



For questions or to pre-order packets,
call the Smart Start office at 336-677-1125 or 336-677-1124

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