Yadkin County Cooperative Extension

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 In this Issue

Give Thanks

Thanksgiving Food Tips

In the Kitchen

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Thanksgiving Food Tips



Preparing for Thanksgiving

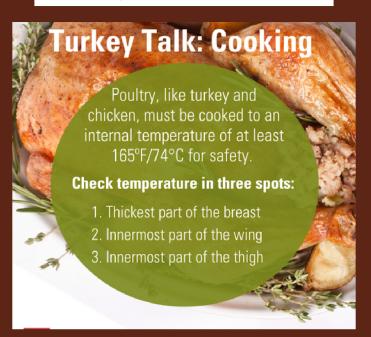
Avoid leaving food sitting at room temperature

- 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.

Did you Know? Other equipment you may need includes: Digital food thermometer Refrigerator thermometer Multiple cutting boards Kitchen cleaner and sanitizer

Thanksgiving Leftovers

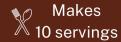
- When food sits at room temperature, bacteria that make people sick can grow quickly.
- After the meal, quickly cool food and store at 41°F or below.
- Perishable foods, such as those containing animal products, cooked vegetables, and grains, should be tossed or composted after 4 hours at room temperature.



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.





Nutrition Facts

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

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.

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



SMART START OF YADKIN COUNTY'S ANNUAL FUNDRAISER

BINGO

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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Yadkin County Cooperative Extension 2051 Agricultural Way, Suite 201 Yadkinville, NC 27055 336-849-7908 Monday - Friday ~ 8AM - 5PM

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