

Family & Consumer Sciences Newsletter



HAPPY THANKSGIVING!

Thanksgiving is a wonderful holiday celebrated on the fourth Thursday of November. It's all about getting together with family and friends, sharing what we're thankful for, and enjoying a delicious meal together. This month, we can also reflect on appreciating the good things in life and the people we share it with. It's a lovely reminder to spread kindness and generosity, not just during the holiday but all year round!

The November newsletter highlights how to keep food safe when cooking for large gatherings. Consider these tips when cooking for your family this holiday to keep your gatherings safe. The DIY Gift Series is back! Check out the Community Events section to get all the information! The first class is on November 8th. Please call or email Chelsea Johnson to register. 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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BASIC FOOD SAFETY FOR FALL GATHERINGS

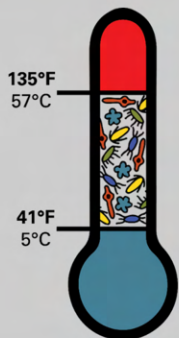
During the holidays, many people plan and prepare meals to feed more than just their own family. Feeding a crowd can raise the risk of foodborne illness from pathogens that you can't see, smell or taste. Consider these tips on how to safely prepare, cook and serve meals to keep those at your table safe from foodborne illness.

Temperature Danger Zone

Harmful bacteria grow fastest between 41°F and 135°F. Minimizing time in this range, called the temperature danger zone, reduces growth of these harmful bacteria.

Foods that can support the growth of harmful bacteria should not be left in this temperature range for more than 4 hours.

Examples: cooked vegetables, pasta and rice; cooked and raw meat, poultry and fish; cut melons, tomatoes and leafy greens.



Personal Hygiene

- Wear clean clothes and aprons when cooking and serving
- Cover cuts and sores with water proof bandages
- Do not prepare or handle food if you have had diarrhea or vomited in the last 48 hours
- Wash hands thoroughly and often when preparing food

Cleaning and Sanitizing

- Clean dishes and prep equipment by washing them in a dishwasher or hot soapy water
- To sanitize dishes, equipment and surfaces that do not go in a dishwasher dip them a bleach solution, or another sanitizer approved for food surfaces
 - To make a bleach solution mix 1 tablespoon of bleach in 1 gallon of water
- Be sure to follow all manufacturers' directions and never mix chemicals together

Handling Leftovers

Refrigerate perishable leftovers as soon as the meal is over

Throw away/compost perishable food left at room temperature for 4 hours or more

Place foods in shallow containers before refrigerating for quicker cooling

Eat leftovers within 7 days

Cooking Food Safely

Check food temperatures with a calibrated digital thermometer. Measure at the thickest spot and stir liquid-based foods before checking temperature. For products that have a hold time longer than <1 second, ensure the food maintains the appropriate temperature or hotter for the entire duration.

Food	Cook Temperature and Time
Roast beef	130°F for 112 min., 145°F for 4 min.
Beef, pork, veal and lamb, fish and shellfish	145°F for 15 sec. 158°F < 1 sec.,
Ground meat, sausage, fish sticks	155°F for 17 sec. 165°F < 1 sec.
Stuffed pasta or casseroles	165°F < 1 sec. 165°F < 1 sec.
Poultry and wild game animals	
Reheated food to be held hot for serving	

Hot and Cold Holding

Hold hot foods at 135°F or higher with chafing dishes, warming trays or slow cookers. Hold cold at 41°F or lower by placing serving dishes in or on larger dishes filled with ice.

Cranberry Pumpkin Muffins

Enjoy these delicious muffins for breakfast anytime of the year using canned pumpkin and frozen cranberries.



Recipe and photo from myplate.gov

Ingredients

- 2 cups flour
- 3/4 cup sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 3/4 teaspoon allspice
- 1/3 cup vegetable oil
- 2 eggs (large)
- 3/4 cup pumpkin (canned)
- 2 cups cranberries (fresh or frozen chopped)

Directions

- Wash hands with soap and water.
- Preheat oven to 400 °F.
- Sift together dry ingredients (flour through allspice) and set aside.
- Beat oil, eggs, and pumpkin together until well blended.
- Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened.
- Fold in chopped cranberries.
- Spoon into paper lined muffin cups.
- Bake at 400 °F for 15 to 30 minutes.

Community Events

JOIN US FOR **MERRY CRAFTMAS**

November 8th - Melt & Pour
Soap-Making - \$15

November 22nd - "Make and
Take" Holiday Dry Mixes - \$15

December 13th - Christmas
Cookie Decorating - \$10

FROM 4 PM TO 5PM

Yadkin County Agricultural Building
2051 Agricultural Way, Yadkinville, NC 27055

Contact Chelsea Johnson to register at
Chelsea_Johnson@ncsu.edu or 336-849-7908

NC

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**SHOP FOR A CURE
CRAFT AND
VENDOR FAIR**



Saturday, November 16th

9AM- 2PM

Yadkin Moose Lodge

1432 Country Club Rd, Yadkinville, NC

Come get pictures with Santa

10AM - 2PM



25+ Vendors,

Breakfast/Lunch





**Virtual Lunch & Learn
2nd Tuesday of the Month
at 12:00 pm EDT/EST**



**Extension At Home is a program about important
topics affecting individual and family life.
Join us and empower yourself!**

JULY 9TH HAPPINESS HOWS: PRACTICAL STEPS TO BE HAPPIER

AUGUST 13TH FOCACCIA BREAD ART

SEPTEMBER 10TH COOK WITH EASE: TIPS, TOOLS & GADGETS

OCTOBER 8TH BUDGETING FOR THE HOLIDAYS

NOVEMBER 12TH HOLIDAY CLASSICS WITH A SPIN

**DECEMBER 10TH THE WINTER BLUES: UNDERSTANDING SEASONAL
AFFECTIVE DISORDER**

For details and registration, scan the code or find our Extension At Home
sessions at go.ncsu.edu/extensionathome

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**Yadkin County Cooperative Extension
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Yadkinville, NC 27055
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Monday - Friday ~ 8AM - 5PM**

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