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HEALTHY CHOICES FOR HEALTHY FAMILIES

 Cooperative
Extension Service



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Savor the flavor

The holidays are a time to enjoy meals and events with family and friends. It's easy to rush from meal to meal without taking time to enjoy the food with all your senses. Eating mindfully means that you use all your physical and emotional senses to experience and enjoy the food choices you make.

To start, plan on sitting down for your meal without distractions.

- Turn off the TV, and remove any phones or gadgets from the table.
- Set the table.
- Make a MyPlate meal. Fill half of the plate with vegetables and fruits. Choose foods that are appealing to your eyes, as well as your mouth. Add a portion of lean protein, low-fat dairy, and whole grains. Include fruit in the meal or as a dessert.
- Take small bites and feel and smell the texture, flavor, and scent of your food. Chew your food slowly.
- Put your silverware down between bites and take time to enjoy the taste of the food and those around the table.

Adapted from Making Healthy Lifestyle Choices: Mindful Eating — Enjoy Your Food with All Your Senses-FCS3-561FG



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PARENT CORNER

Make food to make memories

The holidays are filled with food and memories. We often think of a specific dish we ate as a child when we think of certain holidays. We can bring our family closer together by cooking together. Kids can learn a lot in the kitchen, and the holidays are a great time to include them. Not only will kids learn about cooking, they might even learn about family traditions!

Even though the holidays are a busy time of year, take time to include kids in the kitchen. Use the tips below to include kids of all ages:

Ages 2-3:

- Let them observe and explain what you are doing in the kitchen to help them learn terms like whisk, stir, coat, etc.
- Let them imitate what you are doing without ingredients. For example, if you are stirring ingredients together, let them make the same motion with a wooden spoon and empty bowl.

If your child is capable of tasks like stirring, allow them to help you stir the ingredients. Have kids hand you the ingredients you need.

Ages 4-6:

- Read recipes to kids.
- Allow kids to help you gather ingredients for a recipe.
- Include them in measuring ingredients. Let them pour measured ingredients into a bowl.
- Allow them to stir foods that are not on the stovetop.
- Let kids press “start” on a timer.
- Let kids help you dry dishes.

Ages 7 and up:

- Let kids help with cutting foods. For younger kids, use a butter knife to cut soft foods like a banana. For older kids, let them chop zucchini or cucumbers. Watch videos on PlanEatMove.com for guides on how to chop certain foods.
- Let kids read recipes out loud to you.
- Let kids measure ingredients.
- Teach them how to use a can opener and allow them to try it if they are capable.
- Let them help you with food prepared on a stovetop if they are old enough.

Source: Jeannie Najor, MS, RD

FOOD FACTS

Let's talk turkey safety

Turkey takes center stage at many of our holiday meals. Cook and prepare it the right way. You don't want any of your guests to get sick from a food-borne illness.

Both fresh and frozen turkey are tasty. But if you plan to buy a pre-stuffed turkey, make sure it is frozen. Check for the seal that states it was checked by either USDA or a state department of agriculture.

You can safely thaw turkey in the refrigerator or cold water. Thaw in the microwave only if you cook the turkey right away after thawing. You can safely cook a frozen turkey, but it will need to cook at least 50% longer than a thawed one.

Once you are ready to cook your turkey, set the oven temperature no lower than 325 degrees F and place it on a rack in a shallow roasting pan. You can add one-half cup of water to the bottom of the pan to keep the turkey moist. Cook the turkey to 165 degrees F. In another dish, cook the stuffing. You want to make sure both the turkey and the dressing reach 165 degrees F.

Measure the temperature of the turkey with a food thermometer, even if the turkey has a pop-up thermometer. Check the temperature in the thickest part of the breast, the deepest part of the thigh, and the deepest part of the wing. Make sure it reads 165 degrees F at each place.

Store leftovers within two hours after the meal and eat within three to four days. Frozen leftovers will keep for two to six months. When reheating leftovers, make sure the internal temperature of the food is at least 165 degrees F.

More food safety tips and information on preparing turkey, visit PlanEatMove.com or reach out to your local Extension office.

Source: Annhall Norris, UK Extension specialist



BASIC BUDGET BITES

Money-saving tips for protein foods

There are many ways to cut the cost of meat, poultry, and fish:

- Try buying the family size or value pack, and freeze what you don't use.
- The less tender cuts of beef (round, chuck, and shoulder) cost less. Marinate, braise, or stew to make them more tender.
- Dry beans are a great low-cost, plant-based source of protein. Replace some or all of the meat in a recipe with beans to help stretch your protein dollar.
- Eggs are a source of high-quality protein and many other nutrients. Not only are eggs great for breakfast but they make a quick and tasty lunch or dinner.
- Seafood doesn't have to be costly. Try buying canned tuna, salmon, or sardines — they store well and are a low-cost choice.

Adapted from University of Nebraska-Lincoln (<https://food.unl.edu/article/nutrition-education-program/making-most-your-protein-dollars>)

RECIPE

Herb Roasted Turkey

- 1 (10 to 12) pound turkey
 - 2 tablespoons dried herbs (try any combination of parsley, sage, rosemary, thyme, basil, etc.)
 - 2 tablespoons olive oil
 - 1 teaspoon ground pepper
 - 1/2 teaspoon salt
 - 2 celery ribs, washed and cut into pieces 2 or 3 inches long
 - 1 large onion, washed, peeled, and quartered
 - 3 cups water
1. Thaw turkey completely. The USDA recommends thawing turkey in the refrigerator. This is the safest method because the turkey will thaw at a consistent, safe temperature. This method takes some time, so allow one day for each 4 to 5 pounds of weight. If the turkey weighs 12 pounds, it will take about three days to thaw. It is not safe to thaw turkey at room temperature.
 2. Wash hands with warm water and soap, scrubbing for at least 20 seconds, especially after handling raw turkey.
 3. Move the oven rack to a low position so the turkey will fit. Preheat oven to 450 degrees F. Cooking at a high heat will crisp turkey skin and help keep the juices in the meat.
 4. Remove the turkey neck and packet of giblets from inside the turkey cavity. Use these parts in other recipes or discard.
 5. Twist wing tips up toward turkey neck opening and tuck them under the back of turkey. This will help the turkey stay flat during cooking.
 6. Pat the turkey dry with paper towels and place it on a rack in a large roasting pan.
 7. Combine dried herbs, olive oil, pepper, and salt in a small bowl.
- Stir to combine. Spread the mixture all over the turkey.
8. Place celery and onion inside the turkey cavities. This adds flavor while the turkey cooks.
 9. Pour 3 cups of hot water into the pan.
 10. Place the turkey and pan in the preheated oven. Roast uncovered for 45 minutes or until the skin is golden brown.
 11. Carefully remove the turkey from oven.
 12. Use 2 layers of foil to tightly cover the entire turkey. Use oven mitts to prevent burning your hands as you press foil around the turkey.
 13. Return turkey to the oven. Continue roasting for 1 1/2 to 2 hours more.
 14. Insert a thermometer into the thickest part of the thigh without touching the bone. The turkey is done when it reaches an internal temperature of 165 degrees F.
 15. Remove the turkey from oven. Let it stand for 30 minutes, covered, before serving. Letting the meat stand, or rest, for a few minutes after removing it from the oven makes the meat juicier.
 16. Use a sharp knife to cut the meat off the bone.
 17. Refrigerate or freeze leftovers within 2 hours.
- Number of servings: 15
 Serving size: 4 ounces
- Nutrition facts per serving: 120 calories; 6 g total fat; 1 g saturated fat; 0 g trans fat; 75 mg cholesterol; 260 mg sodium; 5 g total carbohydrate; 0 g fiber; 2 g sugar; 0 g added sugar; 13 g protein; 40% Daily Value vitamin D; 10% Daily Value calcium; 10% Daily Value iron; 6% Daily Value potassium
- Source: Kentucky Nutrition Education Program (www.planeatmove.com)

COOKING WITH KIDS

Pancake Art

- 1 1/2 cups whole-wheat flour
- 2 tablespoons light brown sugar
- 2 teaspoons baking powder
- 1 1/2 cups skim milk
- 1 large egg
- 1 teaspoon vanilla
- 2 mashed bananas
- Cooking spray



1. In a large mixing bowl, whisk together the flour, brown sugar, and baking powder.
2. Make a well in the center of the dry ingredients. Add milk, egg, and vanilla. Whisk the liquid ingredients.
3. Incorporate the dry ingredients until well combined. Fold in mashed bananas.
4. Heat a large skillet over medium heat.
5. Spray pan with cooking spray. Ladle about 1/4 cup of pancake batter onto heated skillet.
6. Cook until batter starts to bubble at the top and the bottom is evenly browned. Flip and continue cooking until lightly browned.
7. Serve with maple syrup or fruit, if desired.
8. Garnish with assorted fruit to create fun faces, if desired.
9. Store leftovers in the refrigerator. Reheat in the toaster or microwave.

Makes 8 servings

Serving size: 1 pancake

Nutrition facts per serving: 140 calories; 1.5 g fat; 0 g saturated fat; 0 g trans fat; 25 mg cholesterol; 170 mg sodium; 29 g total carbohydrate; 3 g dietary fiber; 9 g total sugars; 3 g added sugars; 6 g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium

Source: Eat Smart to Play Hard: Jeannie Najor, Nutrition Extension Specialist, University of Kentucky Cooperative Extension Service

LOCAL EVENTS

If you are interested in nutrition classes, contact your Extension office.

VISIT US ONLINE AT
[EXTENSION.CA.UKY.EDU/COUNTY](https://extension.ca.uky.edu/county)