When preparing a turkey, be aware of the four main safety issues: thawing, preparing, stuffing, and cooking to an adequate temperature.

**Safe Thawing:** Thawing turkeys must be kept at a safe temperature. The "danger zone" is between 40 and 140°F — the temperature range where food borne bacteria multiply rapidly. While frozen, a turkey is safe indefinitely, but as soon as it begins to thaw, bacteria that may have been present before freezing can begin to grow again, if it is in the "danger zone."

**Safe Preparation:** Bacteria present on raw poultry can contaminate your hands, utensils, and work surfaces as you prepare the turkey. If these areas are not cleaned thoroughly before working with other foods, bacteria from the raw poultry can then be transferred to other foods. After working with raw poultry, always wash your hands, utensils, and work surfaces before they touch other foods.

**Safe Stuffing:** For optimal safety and uniform doneness, cook the stuffing outside the turkey in a casserole dish. However, if you place stuffing inside the turkey, do so just before cooking, and use a food thermometer. Make sure the center of the stuffing reaches a safe minimum internal temperature of 165°F. Bacteria can survive in stuffing that has not reached 165°F, possibly resulting in food borne illness.

**Safe Cooking:** Set the oven temperature no lower than 325°F and be sure the turkey is completely thawed. Place the turkey breast-side up on a flat wire rack in a shallow roasting pan 2 to 2½ inches deep. Check the internal temperature at the center of the stuffing and meaty portion of the breast, thigh, and wing joint using a food thermometer. Cooking times will vary depending on the size of the turkey. The food thermometer must reach a safe minimum internal temperature of 165°F. Let the turkey stand 20 minutes before removing all stuffing from the cavity and carving the meat.

**SOURCE:** http://www.CDC.gov/Features/TurkeyTime

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**Track Your Monthly Food Expenses**

Contributed by: Kimberly Bryan, EFNEP Educator

This activity can be fun, and may be surprising. Ask every member in your household to track their food expenses.

Each time you spend money on food anywhere, write your initials on the back of the receipt and put it in a jar. If you don’t have a receipt, make a note including what was bought, who bought it, and how much it cost.

Think about where you buy food: grocery store, restaurants, school lunch, the soda machine at work, popcorn at the movies, coffee and Danish, bottled water at the convenience store, etc...

At the end of the month, spread out all the receipts/notes and put them in stacks by location. Then look at how much you spent at each location.

- Does anything surprise you?
- Can you find less expensive places to eat out?
- Do you really need to eat out as much as you do?
- Can you share dinners with friends, or have potlucks meals instead of eating out?
- Do you need to learn new skills or get different recipes for more eating at home?
- Can you bring more food from home instead of buying it away from home?

These decisions affect the whole family. If you want to make a change, then the whole family, including children, needs to talk about the necessary changes. As the family talks about what is most important, listening to each other is also important.

**SOURCE:** Iowa State University Extension
Thanksgiving Word Search

AUTUMN  BAKE  BASTE  BISCUITS  CARVE  CIDER  CORN  CORNBREAD  CORNUCOPIA  CRANBERRY  DESSERT  DRESSING  DRUMSTICK  FAMILY  GRAVY  HOLIDAY  LEFTOVERS  PIE  PUMPKIN  STUFFING  THANKSGIVING  TRADITION  TURKEY  WISHBONE  YAMS


Fall + Fitness = Family Fun

School is in and that means it’s time for the 3 R’s—reading, ’riting and ‘rithmetic. Add this! Fall + Fitness = Family Fun! That’s right! Fall is a great time to enjoy many outdoor activities when days are still warm and nights are cool. And here are some additional equations that are sure to add up to great times for good health.

- **Walk This Way!** Enjoy the colors of fall while walking in your neighborhood or along a nature trail. Walking for 25 minutes at 3 mph = 100 calories burned.
- **Jump Right In!** Raking leaves plus jumping in the pile equals a great way to get your arms and legs moving.
- **Shake, Rattle and Roll!** Dancing is always in season! Put in your favorite CD or pull up your Youtube artist and have a great time moving to the groove!
- **Run for your life! Or someone else’s.** This is marathon season and what a great reason to run – to help raise funds for a worthy cause. Join the pack and enjoy the pace!

Contributed by: Monica Bland, EFNEP Educator

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Kid’s Recipe: Turkey Taco Wraps

Need a new idea for what to do with leftover turkey? Need a fun and healthy meal that your kids can roll up their sleeves and help make? If you likes tacos but regular tortillas have extra calories, fat, and carbohydrates that you and your family may not want or need, then try this Turkey Taco Wrap recipe. It uses a large lettuce leaf instead of a tortilla to hold all the ingredients together.

**Ingredients:**
- 2 slices of turkey breast
- 2 large lettuce leaves (like Boston lettuce)
- 2 slices of cheese (Provolone or shredded cheese for sprinkling)
- 1/4 cup canned black beans
- Salsa, to taste (all-natural salsa)

**Preparation:**
- Rinse and dry lettuce leaves.
- Drain, rinse and dry the black beans.
- Layer one slice of turkey breast and cheese onto each lettuce leaf.
- Top each with half the amount of black beans.
- Then add salsa.

**Serving:**
- Fold the lettuce up like a taco and enjoy!

**Yield:**
- Two serving.

These tacos are easy, fun to make and delicious!

Contributed by: Barbara Fisher, EFNEP Educator


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