Autumn Tips to Help Keep Your Kids Safe and Healthy

Autumn often requires us to make changes in our lifestyles or routines due to weather, school activities, and upcoming holidays. Create habits to help you and your children stay healthy and safe throughout your lives.

Be active outdoors and indoors.

Make fall yard work fun. Have kids come up with different ways to pick up leaves or pine cones (such as squatting, bending, leaning, stretching, or balancing on one foot). Sing, dance, and explore. Provide kids with rakes and other tools that are kid-sized for comfort and safety.

For indoor fun, play board games and computer games that encourage physical activity. Have a song-and-dance talent show. Draw, color, and explore with health in mind.

Remember that children and adolescents should be active for at least 1 hour a day, and adults for at least 2½ hours a week.

Source: www.cdc.gov

Pumpkin Dip
Servings: 32

INGREDIENTS:
1 (8 ounce) package cream cheese, softened
2 cups confectioners’ sugar
1 (15 ounce) can solid pack pumpkin
1 tablespoon ground cinnamon
1 tablespoon pumpkin pie spice
1 teaspoon frozen orange juice concentrate

Directions:
1. In a medium bowl, blend cream cheese and confectioners’ sugar until smooth.
2. Gradually mix in the pumpkin.
3. Stir in the cinnamon, pumpkin pie spice, and orange juice until smooth and well blended.
4. Chill until serving.

Nutrition Info:
Calories: 61; Total Fat: 2.5g; Total Carbs: 9.4g; Cholesterol: 8mg; Sodium: 53mg; Dietary Fiber: 0.5g; Protein: 0.7g.

Source: www.allrecipes.com
Turkey Tips for the Holidays

Food safety is important to prevent foodborne illnesses when preparing and cooking turkey for the big holiday meal. Follow these tips for a delicious and safely-prepared turkey.

Safe Thawing
Frozen turkeys should remain frozen until ready to thaw. Allow adequate time for the turkey to thaw before cooking. Here are two safe ways to thaw your turkey. **Never defrost turkey on the counter.**

- Refrigerator: Allow enough time to thaw completely: approximately 24 hours for every 4 to 5 pounds. Keep the turkey in the original wrapper. Place it on a tray or pan to catch juices that may leak. **This is the safest method.**
- Cold water: Keep turkey in original wrapping and submerge in cold tap water. **Change water every 30 minutes.** Allow approximately 30 minutes per pound. Cook the turkey immediately after it is thawed.

Safe Cooking
Once thawed, remove neck and giblets from turkey. Cooking to the proper internal temperature (165-170° F) is the most important thing, regardless of the recipe. Use a food thermometer to measure the temperature in the breast and the thigh. If your turkey has a “pop up” temperature indicator, it is recommended that you use a food thermometer as well.

**Safety tip:** Remember to wash anything that comes in contact with raw turkey and juices (hands, utensils, sink, counter top) with soap and water.

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American Diabetes Month

Nearly 26 million Americans have diabetes. An additional 79 million are pre-diabetic. It has been predicted that one in three Americans will have diabetes by 2050, unless we take steps to prevent the onset of this condition.

The good news is that diabetes and its complications can be prevented or delayed by properly managing blood glucose, blood pressure and cholesterol levels.

Eating five fruits and vegetables per day, being active 30 minutes a day and quitting smoking can lower the risk of diabetes.

The American Diabetes Association invites you to join the **Stop Diabetes** campaign. For more information, visit: www.diabetes.org

Source: www.nursing.osu.edu

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Puff–mobile

Here’s a real challenge you can play on your own or with as many friends as you like. The challenge is to make a car from the materials below, but the only way you can move the car you make is with your breath!

**Materials per player:**
- 3 straws
- 4 life savers
- 1 piece of paper
- 2 paper clips
- 50 centimeters of tape

**Directions:**
1. Each player should make a car from the materials, however they like.
2. Then race them! But here's the catch: you can only blow on them to make them move!

http://pbskids.org/zoom/activities/sci/puffmobile.html

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The Expanded Food and Nutrition Education Program (EFNEP) helps families. **Eat better, Feel better, and Cut food costs.** To find out more about EFNEP contact:

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