

# EFNEP Newsletter

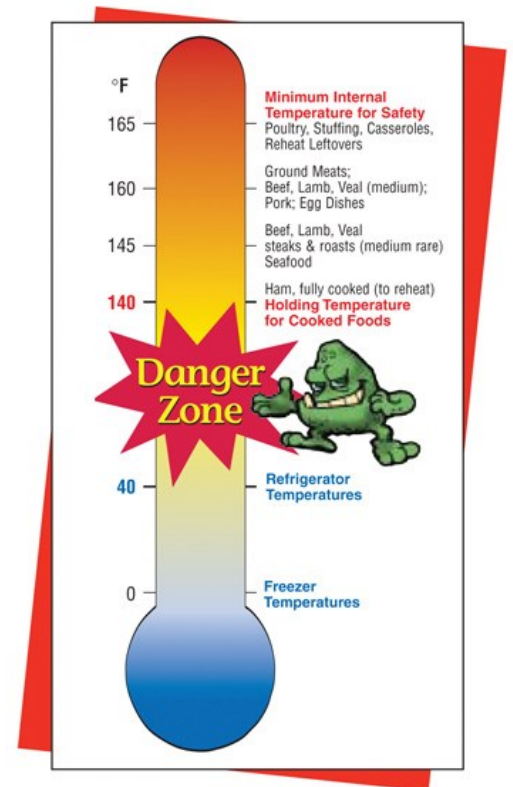
For more information about this and other Cornell Cooperative Extension of Oswego County programs, call 315-963-7286.

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## Leftovers and Food Safety

The holidays are right around the corner and for many people, that means lots of leftovers from small gatherings with friends and families. Here is how you can keep your leftovers safe to eat and avoid getting sick from food borne illness.

1. The first step to having safe leftovers is to make sure food is properly cooked. Use a food thermometer to check the temperature of poultry, beef and pork to make sure it is cooked to a temperature high enough to kill bacteria.
2. Keep food out of the danger zone. The Danger Zone is temperatures between 40°F and 140°F, when bacteria grow the fastest. The key here is to keep hot foods hot (hotter than 140°F) or keep cold foods cold (colder than 40°F). Throw away all perishable food that is kept at room temperature for longer than 2 hours. For food kept at the correct temperature while being served, make sure to refrigerate or freeze the leftovers to keep them safe to eat.
3. Cool food rapidly. If you have a large pot of soup, dish it into smaller containers before refrigerating. If you have a roast, ham or turkey, slice all the meat off the bone and refrigerate in flat containers so it can cool quickly. Refrigerating leftovers in small, shallow containers allows it to cool quickly and stay out of the Danger Zone.
4. Wrap leftovers correctly. All leftovers should be wrapped tightly or placed in a container with a tight fitting lid. When you store leftovers this way, you help keep in moisture, keep out the bacteria and prevent leftovers from picking up odors from other foods in your refrigerator.
5. Store leftovers for 3 to 4 days in your refrigerator or up to 4 months in your freezer.
6. The safest way to thaw leftovers that have been frozen is to place the food on a plate and put it in your refrigerator. Plan ahead because it can take food 1 to 2 days to completely thaw. After thawing, the food should be used in 3 to 4 days.
7. You can reheat leftovers without first thawing. It will take a longer than if the food is thawed, but it is a safe way to reheat your leftovers.
8. When reheating leftovers, use a food thermometer to make sure they reach 165°F. This temperature will ensure that any bacteria present in your food will be destroyed.



The EFNEP program provides nutrition education to low-income families and children in counties throughout New York State.

**A series of 8 classes is offered to adults in a variety of settings, including by Zoom and phone.**

Workshop series include:

- Family Nutrition Education Curriculum
- Finding A Balance — Diabetes
- Healthy Children, Healthy Families
- Healthy Cents
- Breastfeeding

**A series of 6 classes is offered to youth aged 8-12 in school and at after school locations.**

Workshop series include:

- Choose Health: Food, Fun and Fitness
- Cooking Up Fun! Vary our Veggies
- Teen Cuisine

If you or your organization are interested in scheduling classes, please call your local nutrition educator:

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# KORNER IDS

From your public library borrow "Feast for 10" by Cathryn Falwell. As you read the book with your child, talk about your family food traditions. Have your child draw a picture of their favorite food to eat at this time of year.

## Minestrone Soup

Serving Size: 1 cup

Servings per recipe: 10

Prep Time 15 minutes

### Ingredients:

- 1 medium onion, chopped
- 1 stalk celery, diced
- 1 large carrot, sliced
- 2 tablespoons oil
- 1 large potato, peeled and chopped
- 1 15 ounce can diced tomatoes
- 2 cans (15 ounce each) or 3 1/2 cups vegetable or beef broth (broth can be canned or made with bouillon)
- 1 can (15 ounce) kidney beans, drained
- 1 teaspoon dried basil
- 1/2 cup uncooked macaroni
- 2 small zucchini, sliced
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper



### Directions:

1. In a 5-quart saucepan over medium heat, cook onion, celery and carrot in oil, stirring constantly until onion is soft, but not browned.
2. Add potato, tomatoes, broth, beans and basil.
3. Bring to a boil then reduce heat. Cover and simmer for 15 minutes.
4. Add macaroni and zucchini. Cook another 15 minutes.
5. Taste and adjust seasoning with salt and pepper.
6. Within 2 hours refrigerate leftovers in shallow containers.

Nutrition Facts: Serving Size – 1 cup, 150 Calories, 3.5g Total Fat, 30 calories from fat, 1% calories from Fat, 0.5g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 250mg Sodium, 23g Total Carbohydrate, 5g Dietary Fiber, 4g Sugars, 7g Protein, 2% Calcium, 4% Iron, 25% Vitamin A, 20% Vitamin C

Source: [www.foodhero.org](http://www.foodhero.org) - Oregon State University Extension Service, Family & Community Health