

EFNEP Newsletter

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Have a Happy, Healthy Thanksgiving



Shopping for your Thanksgiving feast:

- Make room for your feast in your refrigerator and freezer before you shop.
- Keep fresh vegetables and fruit separate from raw meats and poultry in your cart and in your refrigerator.
- Refrigerate perishable foods as soon as you get home from shopping.

Preparing your feast:

- Wash your hands often, for 20 seconds using soap and warm running water.
- Use hot soapy water to clean food preparation surfaces.
- Thaw your turkey in the refrigerator, in its original packaging. Plan to thaw 4 pounds of turkey every 24 hours.
- If you stuff your turkey, do so just before cooking.
- Cook your turkey and stuffing to 165 degrees.
- Keep hot foods at or above 140 degrees. Keep cold foods refrigerated until ready to serve.
- Rinse fresh vegetables and fruit just before preparing them unless they are marked 'ready to eat'.

Eating your leftovers:

- Cool leftovers in shallow containers so they cool more quickly.
- Refrigerate leftovers within 2 hours of serving.
- Reheat leftovers to 165 degrees and bring gravy to a rolling boil before re-serving.
- Eat or freeze leftovers within 3 to 4 days.

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

A series of eight 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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315-297-5415
sd848@cornell.edu

KORNER

IDS

Stop by your local public library and check out “Clifford’s First Autumn” by Norman Bridwell. Experience Clifford’s first autumn and learn about all of the amazing things he sees. When you finish reading the book, head outside and collect some leaves from as many different trees as you can find. Bring the leaves into the house and have your child make a collage by gluing the leaves to a piece of paper. Hang up your child’s collage for everyone to see!

Turkey Pumpkin Chili

Make 10 servings

Serving size 1 cup



Ingredients

- 1 teaspoon oil
- 1 pound lean ground turkey (15% fat)
- $\frac{2}{3}$ cup chopped onion (2/3 medium onion)
- $\frac{1}{2}$ cup green pepper, seeded and chopped (about 1 small pepper)
- 2 cloves garlic, minced or 1/2 teaspoon garlic powder
- 1 can kidney beans, drained and rinsed (15 ounce or 1 $\frac{3}{4}$ cups)
- 1 can great northern beans, drained and rinsed (15 ounce or 1 $\frac{3}{4}$ cups)
- 1 can solid-pack pumpkin (15 ounce or 1 $\frac{3}{4}$ cups)
- 1 can crushed tomatoes (15 ounce or 1 $\frac{3}{4}$ cups)
- 1 can chicken broth, low sodium (15 ounce or 1 $\frac{3}{4}$ cups) (see notes)
- $\frac{1}{2}$ cup water
- 2 tablespoons brown sugar
- 1 package taco seasoning mix (1.25 ounces)

Directions

1. Pour oil into a 4 quart (or larger) saucepan.
2. Add ground turkey, onion, green pepper and garlic.
3. Cook and stir, breaking meat apart until meat is brown and vegetables are tender.
4. Stir in the beans, pumpkin, tomatoes, broth, water, brown sugar and taco seasoning.
5. Bring to a boil. Reduce heat; cover and simmer for 1 hour.
6. Refrigerate leftovers within 2 hours.

Notes

- Broth can be canned or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.
- Use leftover turkey cut in bite sized pieces instead of ground turkey. Sauté the vegetables then add the turkey with the other ingredients.
- No Taco Seasoning? Try 1 tablespoon chili powder, 1 teaspoon ground cumin and 1 teaspoon oregano. Add some red pepper flakes if you like it spicier.

Nutrition facts for 1 cup: 240 calories, 7g total fat, 2g saturated fat, 35mg cholesterol, 460mg sodium, 29g total carbohydrate, 6g dietary fiber, 8g total sugars, 3g added sugars, 15g protein, 0mcg Vitamin D, 96mg calcium, 3mg iron, 482mg potassium, 26% calories from fat

Source: University of Oregon www.foodhero.org

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