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HEALTHY CHOICES FOR HEALTHY FAMILIES



University of Kentucky
College of Agriculture,
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Healthy choices for special events

Special events can be filled with special foods. Use these tips to make healthy choices as you celebrate.

- **Serve up variety:**
Create a colorful buffet table. Include veggies, fruits, and whole grains.
- **Cheers to good health:**
Serve water or unsweetened iced tea with fresh mint leaves. Offer seltzer water with a splash of 100% fruit juice. Or try a wedge of lemon or lime.
- **Make activity part of the fun:**
Laugh, mingle, dance, and play games. Have fun walking and talking with family and friends after a special meal.
- **Rethink dessert:**
Offer fresh and dried fruit. Let guests make their own trail mix. Have peanuts, dark chocolate chips, and dried fruits on hand.
- **Reduce food waste:**
Pack leftovers for guests to take home or keep them yourself. They would be great to add to soups or



salads the next day. Or use them in omelets, sandwiches, or stews.

- **Try a twist on a dish:**
Use unsweetened applesauce for butter when baking. Use

low-fat milk when a recipe calls for cream. Try low-salt herbs and spices in a few recipes.

Source: Adapted from <https://www.myplate.gov/tip-sheet/celebrations-and-gatherings>

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PARENT CORNER

Prevent family illness this winter

During the fall and winter, we tend to gather with family and friends. The holidays are a great time to be together. But it can also be a time when germs are spread. Clean hands are the best way to keep you and your family from getting sick. Hand-washing should take place:

- when you are making food,
- before you eat,
- after touching a pet or feeding a pet,
- after coughing or sneezing,
- after going to the restroom,
- after cleaning, and
- after touching garbage.

Remind your family when and how best to wash their hands. Make

routine hand-washing a rule for all. Teach hand-washing to your child by washing your hands together. Hand-washing best practices are:

1. Use clean, running water to wet hands.
2. Use soap and lather for 10 to 20 seconds. Focus on both sides (front and back) of hands, nails, and between fingers.
3. Rinse hands fully and dry with a clean towel.

If you cannot use soap and water, choose hand sanitizers or waterless soap. Just like soap, rub the sanitizer on the back of hands, in between fingers and nails.

FOOD FACTS

Protein

Some foods in the protein group are meat, poultry, eggs, and seafood. This group also takes in nuts, seeds, and soy products. Proteins work as building blocks for bones, tissues, cartilage, skin, and blood. Most people get enough protein from meat, poultry, and eggs. But many do not get enough from seafood, nuts, seeds, and soy products. Getting the right amount of protein is of great value. Healthful eating of protein provides unsaturated fats, dietary fiber, and vitamin D. Eating 8 ounces per week of seafood can lower the risk for heart disease. Changing your protein choices can keep your body working well.

Source: <https://www.myplate.gov/eat-healthy/protein-foods>

BASIC BUDGET BITES

Save money by cooking smarter

You and your family can cook healthy meals, even on a tight budget. Here are some tips that can help.

Before you shop, plan ahead:

- Think about what foods you already have in the house.
- Make a list of meals that you can make with those items.
- Make a list of other foods you still need to buy.
- Make your cooking plan for the week.

When you are cooking, make the most of your time and ingredients.

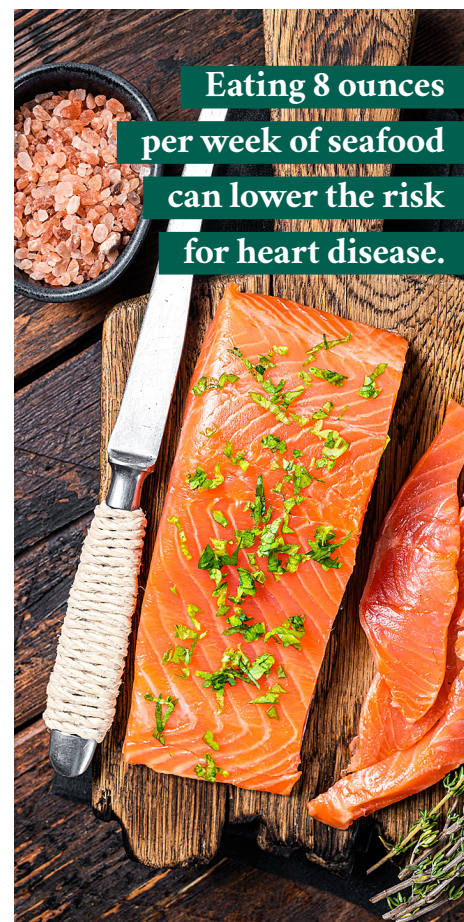
Cook once, eat twice!

- Skip seconds. Save leftovers for other meals.
- Freeze the leftovers to eat later or take them for lunch the next day.
- Keep your servings the right size. It can save calories and money.

Do “batch cooking”:

- When you can, cook large amounts of foods that freeze well, like spaghetti sauce.
- Split meals into family-sized portions and freeze right away after cooking. Use them later in the month.

Source: Adapted from NIH, WeCan https://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip_saving.pdf



COOKING WITH KIDS

Fruit and Yogurt Parfait

- *1/2 cup low-fat yogurt, fruit-flavored*
- *1/2 medium banana, peeled and sliced*
- *1/2 cup grapes*
- *1/4 cup dry crunchy cereal or granola*

- 1.** Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- 2.** Spoon the grapes into a tall plastic cup.

- 3.** Put 3 spoonfuls of yogurt on top of the grapes.
- 4.** Spoon sliced bananas on top of the yogurt.
- 5.** Add the rest of the yogurt.
- 6.** Sprinkle the cereal on top and enjoy.
- 7.** Refrigerate leftovers within 2 hours.

Serving size: 1 parfait
Makes 1 serving

Nutrition facts per serving: 240 calories; 2g total fat; 1g saturated fat; 0g trans fat; 5mg cholesterol; 140mg sodium; 52g total carbohydrate; 2g dietary fiber; 37g sugars; 8g added sugars; 8g protein; 6% Daily Value of vitamin D; 15% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium

Source: Pennsylvania Nutrition Education Network
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-yogurt-parfait>



RECIPE

Eve's Tasty Turkey Tetrazzini

If your family loves the savory flavors of a turkey dinner but is tired of turkey after a few rounds of leftovers, then try this easy, one-dish meal. This version of classic turkey tetrazzini has half the sodium and more vegetables than the original version without sacrificing flavor or texture.

- *8 ounces whole-wheat fettuccine, spaghetti, macaroni, or other noodles*
- *4 tablespoons unsalted butter*
- *2 cups fresh or canned mushrooms, sliced*
- *1 teaspoon dried thyme*
- *1/2 cup all-purpose flour*
- *2 cups reduced-sodium chicken broth*
- *1 1/2 cups skim milk*
- *4 cups chopped cooked turkey*
- *1 cup frozen or canned peas*
- *2 tablespoons grated Parmesan cheese*

- 1.** Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- 2.** Preheat oven to 400 degrees F. Lightly grease a 9-by-9 baking dish.
- 3.** Cook pasta in a large pot of boiling water until tender. (Check cooking

- time for pasta; remove pasta approximately 2 minutes early.)
- 4.** While pasta is cooking, melt butter in a saucepan over medium heat. Add the mushrooms and thyme. Stir and cook until mushrooms are softened, about 5 minutes.
- 5.** Stir in flour until well blended. (Note: Start with 1/3 cup flour and add more, if needed.)
- 6.** While whisking, slowly add chicken broth and milk. Bring to a boil, reduce heat, and simmer until sauce is thickened and smooth, about 5 minutes.
- 7.** Add turkey, toasted almonds, frozen peas, and cooked pasta. Gently mix together. Pour into the baking dish and sprinkle with Parmesan cheese.

- 8.** Bake until the sauce is bubbling and the cheese is golden brown, about 25 to 35 minutes. Let cool 15 minutes before serving.
- 9.** Refrigerate leftovers within 2 hours.

Serving size: 1/8 of recipe
Makes 8 servings

Nutrition facts per serving: 290 calories; 8g total fat; 4.5g saturated fat; 0g trans fat; 65mg cholesterol; 140mg sodium; 27g total carbohydrate; 4g dietary fiber; 4g sugars; 0g added sugars; 26g protein; 6% Daily Value of vitamin D; 6% Daily Value of calcium; 30% Daily Value of iron; 8% Daily Value of potassium

Source:
Center for Nutrition Policy and Promotion
<https://www.myplate.gov/recipes/myplate-cnpp/eves-tasty-turkey-tetrazzini>

SMART TIPS

Follow these tips to safely defrost and cook frozen poultry

There are three safe ways to defrost poultry:

- **In the refrigerator:** This is the safest method. The turkey will defrost at a steady, safe temperature. It will take 24 hours for each 5 pounds of turkey.
- **In cold water:** Cover the bird fully in its original wrapper in cold tap water. The water must be changed every 30 minutes.
- **In the microwave oven:** Follow steps in your microwave owner's handbook.

If your bird did not fully defrost in the refrigerator, there is still hope. Cold water and microwave thawing can be used to finish the process.

Be sure to cook to a temperature of 165 degrees F. Use a food thermometer to check the wing, breast, and thigh at the thickest part.

If you have questions, call the USDA Meat and Poultry Hotline. The phone number is 1-888-MPHotli(ne) or 1-888-674-6854. A food safety expert can help you. Call from 10 a.m. to 6 p.m. ET, Monday through Friday. Information is available in English and Spanish. You can even get help on Thanksgiving Day. The Hotline is open from 8 a.m. to 2 p.m. ET that day.

Source: Adapted from <https://www.myplate.gov/eat-healthy/protein-foods>

LOCAL EVENTS

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

VISIT US ONLINE AT
EXTENSION.CA.UKY.EDU/COUNTY