



Family & Consumer News

Dear Consumers:

November has arrived with a month full of celebrations, there is Thanksgiving, of course, but also National Diabetes Month and National Caregiver’s Month. This time of year the average household schedule accelerates to a level that will leave you spinning. It is the time of year when over the next 6-8 weeks, people will over eat, over commit and over spend. All of this translates into a stressful time with little thought to enjoying the holidays. Pace yourself this year!

Sincerely,

Diann Douglas
Extension Agent IV
Family and Consumer Sciences

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READY TO ROAST A BIRD?



It’s time once again to share information on turkey preparation. I sometimes think I’m repeating myself to go into such detail on the subject of a turkey, but we do get a lot of phone calls and questions. Your holiday bird is big, it’s awkward, and people forget from year to year how to prepare it. To make matters worse, some people run across new ideas for preparation and cooking; often short cuts that won’t pass the food safety test.

When it comes to food preparation, it is best to stick to the basics. If you are going to prepare a turkey this holiday season, a few pointers will go a long way.

How to Buy

Turkeys come in all sizes to fit everyone’s holiday meal. They can be purchased whole or in parts, suitable for small families or those who have a preference for white or dark meat. They

come fresh or frozen, self-basting or pre-stuffed. When deciding the size, figure 1 pound of turkey per person, this will give you enough for a meal and leftovers for the next day.

Thawing

Thawing a turkey in the refrigerator is the safest method! Don’t forget to plan ahead and get it into the refrigerator.

Whole turkey

- 8 to 12 pounds ····· 1-2 days
- 12 to 16 pounds ···· 2-3 days
- 16 to 20 pounds ···· 3-4 days
- 20 to 24 pounds ···· 4-5 days

Pieces of large turkey

Half, quarter, half breast - 1 to 2 days

If it’s the day before and you forget to thaw the bird, don’t panic. A turkey can be safely thawed in cold water, providing you change the water frequently. Keep the bird in tis original wrap and make sure there are no tears, and place in the sink or a large pan and

cover with water. Change the water every 30 minutes.

Thawing time in Cold Water

- 8 to 12 pounds.....4-6 hours
- 12 to 16 pounds6-9 hours
- 16 to 20 pounds9-11 hours
- 20 to 24 pounds11-12 hours

Roasting

1. Set the oven no lower than 325°F. Pre-heating is not necessary.
2. Be sure the turkey is completely thawed. Times are based on fresh or completely thawed birds at a refrigerator temperature of 40°F or below.
3. Place turkey breast side up on a flat wire rack in a shallow roasting pan 2 to 2½ inches deep. Add ½ cup of water to the bottom of the pan. Loosely tent the bird with aluminum foil for 1 to 1½ hours, then remove for browning. Or, a tent of foil may be placed over the turkey after the turkey has reached the

desired golden brown.

4. If a meat thermometer is not available, cook stuffing in a casserole dish. Mix ingredients just before oven cooking and if you stuff your bird, stuff loosely. Additional time is required for the turkey and stuffing to reach a safe internal temperature.

Cooking times

Unstuffed

- 4 to 6 lb.1½ to 2¼ hrs.
- 8 to 12 lbs.2¾ to 3 hrs.
- 12 to 14 lbs.3 to 3¾ hrs.
- 14 to 18 lbs.3¾ to 4¼ hrs.
- 18 to 20 lbs.4¼ to 4½ hrs.
- 20 to 24 lbs.4½ to 5 hrs.

Stuffed

- 8 to 12 lbs.3 to 3½ hrs
- 12 to 14 lbs.3½ to 4 hrs.
- 14 to 18 lbs.4 to 4¼ hrs.
- 18 to 20 lbs.4¼ to 4¾ hrs.
- 20 to 24 lbs.4¾ to 5¼ hrs.

For safety and doneness, the internal temperature should be checked with a meat thermometer. The temperature must reach 180°F in the thigh of a whole turkey (center of the stuffing should reach 165°F) before removing it from the oven. Cook a turkey breast to 170° F.

6. Juices should be clear. In the absence of a meat thermometer, pierce an unstuffed turkey with a fork in several places; juices should be clear with no trace of pink.

A prestuffed turkey should not be thawed, follow the roasting instructions that come with the bird.

7. Let the bird stand 20 minutes before removing stuffing and carving.

Source: USDA

USDA MEAT AND POULTRY HOTLINE

A great source for answering those complex food safety questions during the season of turkey and holiday celebrations is the USDA Meat and Poultry Hotline. If you have a question, they can find the answer. Now there are several ways to contact USDA for food safety information.

Toll Free Number: 1-888-674-6854

E-mail: MPHotline.fsis@usda.gov or ASKKaren.gov

Mobile: m.askkaren.gov

A HOLIDAY FOOD PLAN HELPS WITH DIABETES



Holiday time can be full of food temptations. Busy schedules make it hard to work in regular exercise and healthy meals, but don't despair. During National Diabetes Month, Connie Crawley, R.D., former State Specialist with Georgia Extension reminds us with a little planning, you can enjoy the holidays.

What You Can Do Ahead of

Time:

- ◆ Know your diabetic meal plan. Then you will know what and how much to eat when you are dining away from home.
- ◆ Prepare, portion and freeze ahead meals that are low in sugar, fat and sodium. Then you can reheat the quickly when you are very busy.
- ◆ Schedule your exercise before you schedule holiday activities. Be flexible, but if you don't

plan exercise time, it won't happen.

- ◆ For your own party, choose foods that fit your meal plan. Go to the library or bookstore and get diabetes cookbooks and magazines, that feature healthy holiday recipes. The American Diabetes Association web site (www.diabetes.org) also features a new recipe each day.
- ◆ Focus on one or two diabetes self-management goals during the holidays. No one is perfect,

but you can stick to one or two habits that are good for you.

What To Do When The Season Arrives:

- ◆ Have active parties. Plan parties around caroling, house decorating, holiday card making or walks to see neighborhood decorations.
- ◆ If you are invited to a party, call ahead for the menu. Offer to bring a dish you can enjoy without guilt.
- ◆ At the buffet table, survey the offerings before you dig in. Only put on your plate what you really want. Use a small plate and leave plenty of space

around your portions. Then sit down and eat away from the food. Don't go back for seconds.

- ◆ Never drink alcohol without your doctor's permission. Insulin and some diabetes pills do not mix well with alcohol. Never have more than one or two drinks. A serving of alcohol is 1½ ounces of liquor, 12 ounces of light beer or 4 ounces of dry wine.

General Guidelines For Healthy Eating:

- ◆ Plain basic food is always the safest. Be careful of sauces; gravies, cheese sauces, cream sauces and casseroles.
- ◆ Fill half your plate with low

calorie vegetables.

- ◆ Eat a small roll with a small amount of margarine.
- ◆ Mashed potatoes tend to be lower in carbohydrate and fat than sweet potato casserole.
- ◆ Fruit from the fruit basket is the best dessert. If you must have a regular dessert, have a very small piece.
- ◆ Coffee and unsweetened tea are free foods. Add artificial sweetener and skim milk if needed.

Source: Crawley, C. Ms., RD, Extension Nutritionist and Health Educator, UGA.

DINING IN FOR HEALTHY FAMILIES



Families are overbooked these days, both parents and children have schedules that keep members on the go and it

has turned the family dinner time into a thing of the past. Many families just run through the drive up window and order fast food to eat in the car as they pick kids up and try to make the next scheduled appointment. In an effort to give children a full social life, we have forgotten what it is like to sit down to a meal together. Parents don't realize the positive impact the family meal has on a child's development.

According to Larry Forthun, Extension Specialist at the University of Florida, research shows that having dinner together as a family is linked to a lower risk of obesity and substance abuse while improving behavior and school performance. To encourage family meals, the American

Association of Family and Consumer Sciences is sponsoring the 4th annual **Dining In** campaign on December 3, 2016.

Eating dinner together as a family provides the opportunity for conversation. This lets family members communicate without distraction from phones, television and computers. By engaging your children in conversation, they learn to listen as well as provide a chance to speak and express their own opinions. As a result, children learn they have an active voice within the family.

Preparing meals at home leads to more nutritious food for the family. You control the fat, sodium and sugar content and can serve a wide variety of food. Meals prepared at home give the opportunity to serve more fruits, vegetables and dairy foods which provide much needed nutrients that are lacking in a restaurant meal. Meal preparation doesn't have to be elaborate, there are many dishes that take as little as 30 minutes to prepare. Great resources for quick, nutritious

recipes are the National Dairy Council, More Matters (National Fruit and Vegetable Association), National Beef Council, MyPlate and Snap Ed recipes. Go to a search engine on your computer and key in any of these organizations to get to their websites where recipes are easy to download.

Conversation at the dinner table helps expand a child's language skills. Family dinners allow every member of the family to discuss his or her day and share any exciting news. If you aren't sure how to start, try these suggestions:

- Ask about your child's day, it shows interest in their daily life away from home.
- Talk about current events. Bring up news appropriate to the age of your child.
- Let all family members talk. Be an active listener and be sure your child learns to listen as well.
- Encourage your child to participate in mealtime talk.

Don't underestimate your child's ability to hold a conversation, they have amazing things to say if you will just listen.

The benefits of dining together are tremendous. Family meals create a sense of security and togetherness for children. Frequent family dinners have a positive impact on children's internal

qualities such as values, motivation, personal identity, self-esteem and outlook on the future.

If you would like to make a pledge to **Dining In**, go to www.aafcs.org/FCSday and follow the steps. Be sure to mark your calendar for December 3rd and make plans to dine in and connect with your family one meal at a time. Family meals provide better

nutrition for your children while cultivating stronger relationships and better success at school. For more information on the power of family meals, call the Extension Office and ask for your copy of "Family Nutrition: The Truth about Family Meals", authored by Dr. Larry Forthun.

PROTECT YOUR CREDIT CARDS DURING THE HOLIDAYS



Using credit cards is a way of life for many Floridians. According to a recent American Banker survey, 80% of all U.S.

households own one or more credit cards. These cards may be used to pay for holiday spending including travel expenses such as airline tickets, gasoline, car rental, motels and food. In addition credit cards may also be used to purchase gifts and to mail those gifts.

In the excitement surrounding the holiday season it is easy to overspend. Another disadvantage is that credit cards can be lost or stolen. To reduce the risk that your credit card will be lost or stolen this holiday season follow these tips:

- ✓ Keep your credit cards on your person. Don't leave them in the glove compartment of your car and don't put them in your luggage when you are traveling.
- ✓ Carry your credit cards so that you will know where they are at all times.
- ✓ If you have a number of credit cards, carry only those that you will expect to need and use when you travel. Leave others in a safe place such as your bank safe deposit box.
- ✓ If you are traveling during the holiday don't leave credit cards in your home when you and your family are away.
- ✓ Be prepared to act quickly to inform the issuer of such loss. Know the telephone number

for reporting lost cards and be prepared to give the name of the card, card user, card account number, and expiration date on each card.

If you lose your card, this information will help you act immediately. After you properly notify the credit card issuer that your credit card has been lost, you no longer have the responsibility for any charges made against the card.

Source: UF Extension

PLAN YOUR HOLIDAY SPENDING



November and December are months of special dinners with family and friends, parties and exchanging of gifts. These are good times and higher-than usual family expenses. Unplanned or over enthusiastic holiday spending can create financial troubles, especially in January when the bills arrive. Follow these steps to avoid

the holiday splurge urge.

- * Estimate holiday expenses, including travel, special meals, charitable donations, phone calls, gifts and greeting cards. List the people you buy gifts for and gift ideas.
- * How much you can afford to take out of income, from savings and how much can afford to put on credit cards?
- * Set realistic limits. Remember, it is the thought

that counts, not the price tag.

- * Shop early, take advantage of sales, and avoid impulse buys.
- * Keep track of the costs and know what bills will be arriving.
- * Control your spending, lower financial stress and enjoy the season.

TAKE CARE TO GIVE CARE — NATIONAL CAREGIVERS MONTH



November is a month full of family celebrations and National Caregivers Month is one observation sometimes overlooked. Today in the U.S. over 65 million people are caring for family members in some capacity and account for about 29% of the population. According to the National Alliance for Caregiving, these people spend an average of 20 hours each week providing care for family members.

This year's theme, **Take Care to Give Care**, reminds us to support family and friends who are in a caregiver role. If you have ever been on an airplane flight, the crew goes over safety information as you are preparing for flight. They instruct you on use of the oxygen mask and remind adults to put their mask on before attending to children. Why? Because you can't be useful if you pass out from lack of oxygen. Likewise, caregiver needs to be rested and refueled to take care of a family member.

We all know someone who cares for a loved one; it may be a co-worker or a neighbor. This person may have sole responsibility of a family member 100% of the time or may have an arrangement to check in daily, run errands and see that the loved one gets to doctor's appointments. They often go through their week working at a full time job and taking care of their own households with the added responsibility of caring for a loved one. Most people quietly do this with love in their heart and

wouldn't have it any other way, but it is taxing on an individual's time and money.

Surveys show the average caregiver is helping a parent, but some may care for a spouse, special needs child or grandchildren. The NAC reports over 60% of caregivers are middle aged woman caring for an older parent who lives in a different household. Most have children under 18 years of age, living at home and many have grandchildren too. This means most caregivers are part of the sandwich generation, caring for both young and old family members at the same time.

In addition to consuming a person's time, caring for a loved one can impact the finances of a family. A recent survey conducted by AARP revealed the average family caregiver spent thousands in out of pocket for caregiving expenses which translates into more than 10% of the median income families' finances.

The National Family Caregivers organization suggest there are many things we can do to honor family caregivers in our community. If you know someone in the role of a family caregiver, take time this month to recognize that person and let them know how much you admire and respect their efforts. It is often kind words and acknowledgement that make a difference in a person's life.

If you want to do something special and are at a loss of what to do, the National Family Caregivers Association has great ideas for helping caregivers in our community. Here are a few suggestions.

- ♥ Offer a few hours of respite time to a family caregiver so

she can spend time with friends or have time to relax.

- ♥ Send a card of appreciation or flowers to the caregiver recognizing the effort.
- ♥ Help a family caregiver decorate their home for the holidays.
- ♥ Prepare a Thanksgiving dinner for the caregiver's family so they don't have to spend time cooking a big meal, or better yet, invite them to your home.
- ♥ Help a family caregiver find information and resources available to assist.

Family caregiving can be a stressful experience. A person having the responsibility of caring for a family member in addition to their normal daily routine needs a break from the full time responsibilities. If you know someone in a care giving situation, make it a point this month to give them special recognition.

Reference: Caregivers Action Network