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!

Plan to attend a special program, **Eat Smart During the Holidays** on November 20th. This program will benefit anyone interested in healthful eating strategies for holiday celebrations. Enjoy the season.

Sincerely,

Diann Douglas
Extension Agent IV – CED
Family and Consumer Sciences

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**TIME TO TALK TURKEY**

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 plan. 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, 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 to 2 days
- 12 to 16 pounds ···· 2 to 3 days
- 16 to 20 pounds ··· 3 to 4 days
- 20 to 24 pounds ···· 4 to 5 days

**Pieces of large turkey**
- Half, quarter, half breast—1 to 2 days
- If it’s the day before and you forgot to thaw the bird, don’t panic. Turkey can
be safely thawed in cold water, providing you change the water frequently. Keep the bird in its 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 to 6 hours
- 12 to 16 pounds: 6 to 9 hours
- 16 to 20 pounds: 9 to 11 hours
- 20 to 24 pounds: 11 to 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**

<table>
<thead>
<tr>
<th></th>
<th>Unstuffed</th>
<th>Stuffed</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 to 6 lb. Breast</td>
<td>1½ to 2¼ hrs</td>
<td>3 to 3½ hrs</td>
</tr>
<tr>
<td>8 to 12 lb.</td>
<td>2¾ to 3 hrs</td>
<td>3½ to 4 hrs</td>
</tr>
<tr>
<td>12 to 14 lb.</td>
<td>3 to 3¾ hrs</td>
<td>4 to 4½ hrs</td>
</tr>
<tr>
<td>14 to 18 lb.</td>
<td>3½ to 4 hrs</td>
<td>4½ to 5 hrs</td>
</tr>
<tr>
<td>18 to 20 lb.</td>
<td>4 to 4½ hrs</td>
<td>5 to 6 hrs</td>
</tr>
<tr>
<td>20 to 24 lb.</td>
<td>4½ to 5 hrs</td>
<td>6 to 7 hrs</td>
</tr>
</tbody>
</table>

**5.** 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 pre-stuffed 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.

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**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  
**Mobile:** m.askkaren.gov  
**E-mail:** MPHotline.fsis@usda.gov or ASKKaren.gov

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**LIGHTEN YOUR HOLIDAY DESSERT TABLE**

Desserts appear on the table more often during the holiday season, not to mention all of those cookie trays we exchange. Here are a few suggestions to keep your sweet calories in check.

1. **Lighten ingredients in your desserts.**
   - Use sugar substitutes ready to measure like sugar.
   - Use egg whites or non-fat egg substitutes in place of whole eggs. Save 93 gm. of saturated fat per cup.

2. **Cut everything into smaller pieces.**
   - Cutting pies into 10 pieces versus 8 saves 20% of the calories; cutting into 12 versus 8 saves 33% of the calories.
   - Cut cakes and brownies into bite-sized pieces.

3. **Make cookies smarter.**
   - Make cookies smaller.
   - Make just one or two varieties. Consider making dough and freezing, bake just what you need, a little at a time, during the holiday season.
   - Reduce chocolate chips and nuts by 25%.
   - Use fat-free whipped cream in place of regular whipped cream. You will save 30 calories and 4.5 grams of fat.
for each 2 tablespoon serving.
> Use evaporated skim milk in place of evaporated milk. Save 140 calories and 18.5 grams of fat per cup.
> Use trans-free margarine in place of butter. Save 89 calories, 12 grams

4. **Make fewer high-calorie items, such as cakes and pies.**
   > You will be less inclined to eat too many desserts if your choice is limited to a few special treats.

5. **Feature hot beverages with dessert.**
   > Hot beverages can be a low-calorie highlight.
   > Make your own flavored coffees. Try adding ground cinnamon, pure vanilla or almond extract to the coffee.
   > Use lower-calorie condiments such as fat-free half and half, fat-free whipped cream, orange zest, cinnamon sticks and non-nutritive sweeteners.

6. **Offer your guests a variety of fresh fruits with dessert.**
   > Serve grapes, oranges, pears and a variety of colors from fruits in season.
   > Place whole items in a bowl and put sliced fruit on holiday platters.

**INGREDIENT SUBSTITUTIONS**

With all of the holiday baking and food preparation families do over the next 6-8 weeks, you may find yourself out of ingredients or surprised at the price of an ingredient or spice. Do you need to buy all of those extras which add up quickly? Try modifying ingredients you already have on the pantry shelf. Here is a list of ingredient substitutions to keep you from running to the store and spending money on grocery items that add up during the season. Here is a shore primer of ingredient substitutions.

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
<th>Substitutions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allspice</td>
<td>1 teaspoon</td>
<td>½ tsp. cinnamon &amp; ½ tsp ground cloves</td>
</tr>
<tr>
<td>Apple Pie spice</td>
<td>1 teaspoon</td>
<td>½ tsp cinnamon, ¼ tsp nutmeg &amp; ⅛ tsp cardamom</td>
</tr>
<tr>
<td>Baking powder</td>
<td>1 teaspoon</td>
<td>¼ tsp baking soda &amp; ⅛ tsp cream of tartar</td>
</tr>
<tr>
<td>Chocolate chip</td>
<td>1 oz.</td>
<td>1 oz Sweet cooking chocolate (chop or grate)</td>
</tr>
<tr>
<td>Chocolate (un-sweet)</td>
<td>1 oz. square</td>
<td>3 Tablespoons cocoa + 1 tablespoon margarine</td>
</tr>
<tr>
<td>Corn Syrup</td>
<td>1 cup</td>
<td>1 cup sugar + ¼ liquid</td>
</tr>
<tr>
<td>Cream, Half &amp; half</td>
<td>1 cup</td>
<td>3 Tablespoons oil + milk to equal 1 cup</td>
</tr>
<tr>
<td>Cream of tartar</td>
<td>½ teaspoon</td>
<td>1½ teaspoons lemon juice or vinegar</td>
</tr>
<tr>
<td>Cake Flour</td>
<td>1 cup</td>
<td>1 cup minus 2 Tablespoons sifted all purpose</td>
</tr>
<tr>
<td>Flour (self rising)</td>
<td>1 cup</td>
<td>1 cup minus 2 tsp all purpose flour + ½ tsp baking powder</td>
</tr>
<tr>
<td>Buttermilk</td>
<td>1 cup</td>
<td>1 cup minus 1 Tablespoon milk + 1 Tablespoon lemon juice</td>
</tr>
<tr>
<td>Pumpkin Pie Spice</td>
<td>1 tsp</td>
<td>½ tsp cinnamon, ¼ tsp ginger, ¼ tsp allspice &amp; ⅛ tsp nutmeg</td>
</tr>
<tr>
<td>Milk Sweetened condensed</td>
<td>1 can</td>
<td>Heat ½ cup and 2 Tablespoons evaporated milk, 1 cup sugar &amp; 3 Tablespoons margarine until sugar is dissolved</td>
</tr>
</tbody>
</table>

**DIABETES: DEALING WITH THE HOLIDAY**

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. Connie Crawley, R.D. and 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 them 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 website (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:
- Plan 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 a 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

EAT SMART DURING THE HOLIDAY SEASON
Join us and learn to:
- Keep your weight in check
- Keep glucose levels even
- Modify recipes
- Be physically active

Guest Speaker: Kay Peacock, MS, Diabetes Education II

**AIC Tests and Blood Pressure checks by Big Bend Area Health Education Center
**Food demonstrations and door prizes

SPEND LESS AND ENJOY THE SEASON
Have you paid off your debts for last year’s holiday season? Some of you may still be paying on the credit card bills and now we are into another season. The holiday season actually begins before Thanksgiving and ends on New Year’s Day and most families increase their monthly expenditures. There is extra food to purchase, donations to make and gifts to buy which can contribute to overspending if you don’t have a plan.

Extension Specialist in Family Finances suggests the following strategies:
- Create an overall holiday spending limit. Include gifts, food, travel to visit friends and relatives and any other expense you can think of. Make a list of the people you will need to buy for and how much you plan to spend on each person.
- Make a list of people you need to buy for. Think of what you have in mind for each person, if it is not a specific item, then you should think in terms of specific dollar limits. Be sure your list doesn’t exceed your limit.
- Check newspaper and Internet to search for the best buys, retailers can be very competitive in pricing. Compare prices and become familiar with return policies.
- Leave the credit cards at home, especially if you are making a trip to look and compare. This will keep you from making impulse purchases.
- Keep your receipts. If you need to return something later, a receipt will speed up the process. Many stores now give a “gift receipt” which doesn’t reveal the price, but has a bar code the store can scan if the receiver has to return the item.
- Shop alone and when to have time to avoid pressure from others to quickly finish up or make impulse buys.
- Don’t wait until the last minute to do your shopping. You may have less selection and have to purchase higher priced items.

November 30, 2014
10:00AM
Madison County Extension Office
Call to Register: 973-4138
Be creative. Try making personalized gifts or give coupons that offer your services for favors like babysitting, household cleaning or car service. If you are known for special dishes or baked goods, bake some in a disposable pan and give to neighbors and friends.

Search through clearance racks for bargains or shop for items at discount stores.

If you put some purchase on credit, aim to spend no more than you can pay off within 1-2 months.

The true gift giving of the holiday season is to spend time with family and friends. Invite everyone over for a covered dish supper and spend time celebrating the holiday season.

Source: UF Extension

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.

We all know someone who cares for a family member; 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 2008 survey conducted by AARP revealed the average family caregiver spent $5,531 out of pocket for caregiving expenses which translates into more than 10% of the median income families’ finances.

The National Family Caregivers 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 acknowledgment that make a difference in a person’s life.

If you want to do something 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.