

# FOOD AND FITNESS

VOLUME 184

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## Food Safety for the Holiday Season



The holiday season is approaching rapidly, which means a time for gatherings with friends and family and food galore. With all the hustle and bustle of shopping, cleaning, and cooking, we don't want to forget about keeping our food safe while we gather with the people we cherish the most. Properly thawing and keeping foods at a safe temperature while gathering it is of the utmost importance.

Properly thawing a turkey can take some time. There are three different options for safe turkey thawing. The first one is in the refrigerator. To safely thaw a turkey in a refrigerator, the turkey needs about 24 hours for every 4 to 5 pound of bird. The second method is to submerge in cold water and to change the water every 30 minutes, cook immediately after thawing. Last option for safely thawing is to microwave. To microwave a turkey, use the defrost function based on the weight and cook immediately.

When having gatherings with friends and family, most people serve food in what are called a family-style service or buffet service. Family-style service is when guests are seated and food is placed on the table in large platters and bowls for the guests to help themselves. The other method is a buffet style where food is arranged on a table and guests line up to serve themselves. With either method, it is important to find ways to keep food at the proper temperature.



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# FOOD SAFETY FOR THE HOLIDAY SEASON

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If guests serve themselves, and the food is immediately put away, is the first option but not necessarily the most practical. People may want to go back for seconds. Meaning they would have to go to the refrigerator and reheat foods that need warmed – making this option right for every household. The best option would be finding ways to keep the foods out of the temperature danger zone (40 °F-140°F) no matter if the food needs to be cold or hot.

## TIPS

### Hot Foods

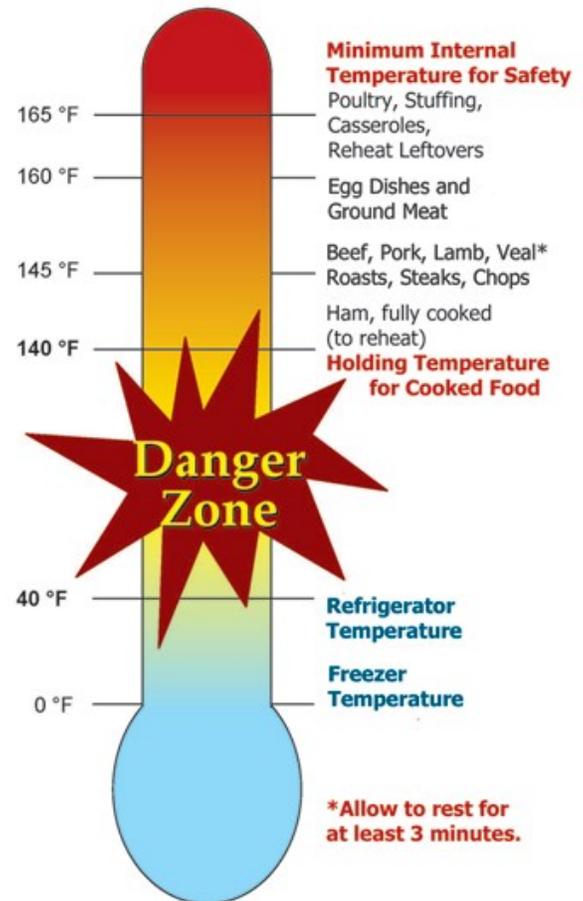
- ◆ Hot foods should be kept at an internal temperature of 140°F or above.
- ◆ Keep food warm by using low temperature setting on the stove or oven.
- ◆ Food warmers can be purchased to help hold food but beware some only hold at 110°F-120°F which is not a safe holding temperature.

### Cold Foods

- ◆ Cold foods should be kept at an internal temperature of 40°F or below.
- ◆ Keep cold foods refrigerated until time to serve.
- ◆ If cold foods are going to stay out longer than 2 hours, place cold foods on ice to keep the chill.

### All Perishable Foods

- ◆ Use food thermometers to check temperatures of the foods.
- ◆ Discard any perishable foods that are left out more than 2 hours unless they have been kept hot or cold.
- ◆ Make sure if you take leftovers home you refrigerate within 2 hours.



We are thankful to have our family and friends to gather with during the holidays. Let's do our part to keep the food safe for the ones we love.



# LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:



\*For more information about each type of turkey, visit [fsis.usda.gov](http://fsis.usda.gov).

## 3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

### Refrigerator:

Safe to store the turkey for another 1 – 2 days in the refrigerator.

This is the USDA recommended thawing method.

### How to thaw:

Allow approximately 24 hrs. for every 4-5lbs of bird.

### Cold water:

Cook immediately after thawing.

### How to thaw:

Submerge the bird in cold water & change every 30 mins.

### Microwave:

Cook immediately after thawing.

### How to thaw:

Use defrost function based on weight

For more information on safe thawing methods, visit [fsis.usda.gov](http://fsis.usda.gov)

### DID YOU KNOW?

It's safe to cook a frozen turkey though cooking time will be 50% longer!



## Clean

Wash your hands for 20 seconds with soap and warm water.

Utensils  
Plates  
Countertops  
Cutting boards

SHOULD ALSO BE WASHED

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

### SO DON'T WASH YOUR TURKEY!!

## SEPARATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

## COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.

- Thickest part of breast
- Innermost part of wing
- Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

## CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge 3-4 days

Safe frozen, but use within 2-6 months for best quality.

Sun	Mon	Tue	Wed	Thur	Fri	Sat
					✓	✓
✓	✗	✗	✗	✗	✗	✗

Last day Thanksgiving leftovers are safe from the fridge.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:  
Visit [foodsafety.gov](http://foodsafety.gov)

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit [AskKaren.gov](http://AskKaren.gov). Visit [PregunteleaKaren.gov](http://PregunteleaKaren.gov) for questions in Spanish.



## MINERAL— ZINC

### Functions

Zinc is a trace element that works with enzymes in the body to bring out chemical reactions and most every cell in the human body contains zinc. Its functions are to support proteins, aid in immune function, affects growth and development, part of insulin release in the pancreas, affects blood clotting, wound healing, thyroid function, needed for producing active form of vitamin A, and for sperms and fetal development.

### Recommendations

Recommended Dietary Allowances (RDA):

Men 50+: 11 mg/d

Women 50+: 8 mg/d

### Food Sources:

Meat

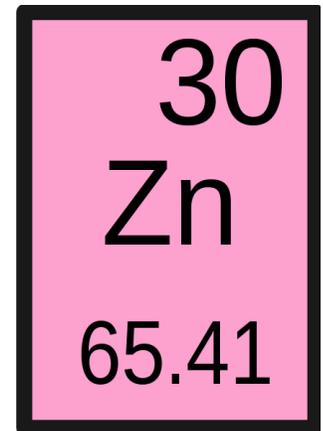
Liver

Eggs

Milk products

Legumes and whole grains

Oysters and other sea foods



**Deficiency** symptoms can include decreased wound healing, severe growth retardation in children, decreased immune function, central nervous system damage, affected taste, and loss of appetite.

**Toxicity** symptoms can include blocked copper absorption, decreased iron absorption, vomiting, diarrhea, headaches, and exhaustion.

## PEANUT BUTTER BANANA OVERNIGHT OATS

### Ingredients:

- 1/2 cup quick cook oats
- 1/2 cup milk
- 1 teaspoon chia seeds (optional)
- 1/4 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 1/4 cup banana, sliced
- 1 tablespoons creamy peanut butter
- 1/2 tablespoon honey



### Directions:

1. Add oats and milk into a bowl or container of your choice.
2. Mix in vanilla extract, chia seeds, and cinnamon.
3. Alternate between layer of peanut butter and layers of sliced bananas.
4. Drizzle the top with honey.
5. Place in the fridge and enjoy in the morning of a few hours later. Serve cold.

### Tips:

- ◆ You can make overnight oats in many different flavors. You can mix make with different fruits, nuts, seeds, and other components.
- ◆ The key to overnight oats is making sure you have the right amount of liquid. Too Much liquid will cause the oats to be runny with too little will cause the oats to be thick and dry.

## BRAIN EXERCISE

**Thanksgiving Cryptograms**

Can you solve these Thanksgiving ciphers? Each of the three different cryptograms has a different solution key.

1. UR XMFG UZCJWD MJ DRQMUABG MD GJRAXZ.  
 UZCJWDXMF MJX ZCD HMJXD CJB XRGD HZGNG MU  
 TADU XR. IRAN ENCIGN WJRHD TAYZ TRNG CKRAU  
 MU UZCJ IRA BR.  
 ~FMYURN ZAXR
  
2. OJHDZNSUAUDS PUDDCXN OHZC CUSJOCCD JVWXN OV  
 YXCYHXC. OJCT HXC FVDNWLCP UD ORCMAC  
 LUDWOCN. JHMI-OULCN OHZC ORCMAC LUDWOCN.  
 OJUN UN DVO FVUDFUPCDFC.  
 ~CXLH KVLKCFZ
  
3. JTO GRXK PGB CTO PUPZ BUNK UNE AUZKN, JTO  
 OGEN RPF EKGANGO TJ NKG PUZKN, JTO KGRANK  
 RPF JTTF, JTO ATDG RPF JOUGPFE, JTO  
 GDGOLNKUPZ NKL ZTTFPGEE EGPFE.  
 ~ORAQK BRAFT GCGOETP

# November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>All Saint's Day</i>	2 <i>Deviled Egg Day</i>	3 <i>Sandwich Day</i>	4 <i>Book Lovers Day</i>
5 <i>Guy Fawkes Day</i>	6 <i>Saxophone Day</i>	7 <i>Bittersweet Chocolate w/ Almonds Day</i>	8 <i>Cook Something Bold Day</i>	9 <i>Chaos Never Dies Day</i>	10 <i>Forget-Me-Not Day</i>	11 <i>Veteran's Day</i>
12 <i>Chicken Soup for the Soul Day</i>	13 <i>Caregiver Appreciation Day</i>	14 <i>Operating Room Nurse Day</i>	15 <i>Clean Your Refrigerator Day</i>	16 <i>Button Day</i>	17 <i>Homemade Bread Day</i>	18 <i>National Adoption Day</i>
19 <i>Have a Bad Day Day</i>	20 <i>Universal Children's Day</i>	21 <i>World Hello Day</i>	22 <i>Go For A Ride Day</i>	23 <i>THANKSGIVING DAY</i>	24 <i>Evolution Day</i>	25 <i>National Parfait Day</i>
26 <i>Shopping Reminder Day</i>	27 <i>Pins and Needles Day</i>	28 <i>French Toast Day</i>	29 <i>Square Dance Day</i>	30 <i>Stay at Home Because You Are Well Day</i>		

## SCHEDULE OF EVENTS

- Aviation History Month
- Child Safety Protection Month
- International Drum Month
- National Adoption Awareness Month
- National Caregivers Appreciation Month
- National Diabetes Awareness Month
- National Epilepsy Month
- National Model Railroad Month
- National Novel Writing Month
- Native American Heritage Month
- Peanut Butter Lovers Month
- Real Jewelry Month
- National Sleep Conform Month

# Your Head and Meds



By Dave Roberts, WVU Extension Agent, Boone and Lincoln Counties

## Health Motivator Talking Points

Did you know . . . ?

- Three-fourths of U.S. adults over age 45 take prescription medications regularly.
- Understand and properly manage your medications with the help of your doctor, pharmacist and other family members. It is up to you to be fully knowledgeable about your meds, to follow directions exactly and to keep track of medications. Carry a list with you.
- Ask your doctor and pharmacist to review your med list with you every year. Ask: *“What is the purpose of this medicine?”*, *“What are the possible side effects?”*, *“What interactions with other meds or herbal supplements should I look for?”*, *“Are there any alternatives?”*
- Some common prescription medications can affect brain health and memory.
  - ✓ *Antianxiety drugs* – These drugs can interfere with brain transfer of data from short- to long-term memory.
  - ✓ *Cholesterol drugs* – These drugs may lower cholesterol levels in the blood and in the brain, too. If these levels drop too low, nerve cell connections can lead to forgetfulness. In most cases, these medications are dosed to avoid dangerously low cholesterol levels.
  - ✓ *Tricyclic antidepressants* – Individuals may have episodes of memory loss and trouble concentrating.
  - ✓ *Hypertension drugs* – Beta-blockers can block crucial brain chemicals and may cause memory problems. This is more common with certain types and with elderly patients.
  - ✓ *Sleep aids* – These may lead to short- and long-term memory problems.
- *Please Note:* These side effects are unlikely with most of these medications. Problems may occur when larger medication amounts are in the body either from higher doses or decreased kidney function, which may happen with increasing age. Always talk to the doctor and pharmacist about potential side effects of all medications!

## Quick Club Activity: Keep It Up

Blow up a balloon. Toss it in the air. Explain that we need to keep up the balloon, just like keeping up the conversation with our health care providers. As you keep up the balloon, ask participants, *“What do you want to talk about with your pharmacist or doctor?”*

## Learn More!

Centers for Disease Control and Prevention. (2012). Older Adults and Adverse Drug Events [http://www.cdc.gov/MedicationSafety/Adult\\_AdverseDrugEvents.html](http://www.cdc.gov/MedicationSafety/Adult_AdverseDrugEvents.html).

Food and Drug Administration. (2015). Medicines and You: A Guide for Older Adults <http://www.fda.gov/Drugs/ResourcesForYou/ucm163959.htm>.

This content was reviewed by Dr. Travis White, WVU School of Pharmacy.

WEST VIRGINIA BUREAU  
OF SENIOR SERVICES

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FOOD AND FITNESS

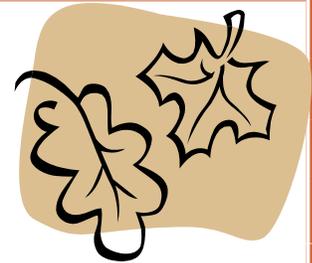
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## BRAIN EXERCISE ANSWERS

### Solutions



1. TO GIVE THANKS IN SOLITUDE IS ENOUGH.  
THANKSGIVING HAS WINGS AND GOES WHERE IT  
MUST GO. YOUR PRAYER KNOWS MUCH MORE ABOUT  
IT THAN YOU DO.  
~VICTOR HUGO
2. THANKSGIVING DINNERS TAKE EIGHTEEN HOURS TO  
PREPARE. THEY ARE CONSUMED IN TWELVE  
MINUTES. HALF-TIMES TAKE TWELVE MINUTES.  
THIS IS NOT COINCIDENCE.  
~ERMA BOMBECK
3. FOR EACH NEW MORNING WITH ITS LIGHT, FOR  
REST AND SHELTER OF THE NIGHT, FOR HEALTH  
AND FOOD, FOR LOVE AND FRIENDS, FOR  
EVERYTHING THY GOODNESS SENDS.  
~RALPH WALDO EMERSON

