

Consumers Need to Know About Food and Water Safety During Hurricanes, Power Outages, and Floods

Part 2 of 5 When the Power Goes Out . . .



Basic tips for keeping food safe:

- ✓ Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature.
 - ✓ The refrigerator will keep food cold for about 4 hours if it is unopened.
 - ✓ A full freezer will keep the temperature for approximately 48 hours (24 hours if it is half full) if the door remains closed.
 - ✓ Buy dry or block ice to keep the refrigerator as cold as possible if the power is going to be out for a prolonged period of time. Fifty pounds of dry ice should hold an 18-cubic foot fully-stocked freezer cold for two days.
- ✓ If you plan to eat refrigerated or frozen meat, poultry, fish or eggs while it is still at safe temperatures, it's important that each item is thoroughly cooked to the proper temperature to assure that any foodborne bacteria that may be present is destroyed. However, if at any point the food was above 40 °F for 2 hours or more — discard it.
- ✓ Wash fruits and vegetables with water from a safe source before eating.
- ✓ For infants, try to use prepared, canned baby formula that requires no added water. When using concentrated or powdered formulas, prepare with bottled water if the local water source is potentially contaminated.

*fda.gov

Remember to use those holiday leftovers for 4 days and then throw them away. Even if they look and smell fresh after 4 days, harmful bacteria can be growing. It is safest to use leftovers within 4 days. Look below for a great Turkey Soup Recipe to help utilize those leftovers!

MYSTERY PROVIDER

Each month in this newsletter we put the provider ID of one MYSTERY PROVIDER. The Mystery Provider wins a fun children's book to share with their kiddos. If you find your ID somewhere in the newsletter call the office at 1-800-369-9082 and claim your prize!

Eggs are not just for springtime!

Add a little decoration to hard boiled eggs for a fun morning craft and a beautiful, nutritious lunch! Substitute crayons for conventional egg dye and color right on still-warm hard-boiled eggs. The heat melts the wax, creating smooth swaths of color.

1. Boil the **eggs** in a mixture of **water** and **vinegar** (about 1 1/2 tablespoons of vinegar for every cup of water) for 10 minutes, then turn off the heat.
2. Carefully remove a hot egg (parents only) and let it cool for about 10 minutes. (Leave the others in the water until you're almost ready to decorate them, so they stay warm.)
3. Holding the egg on a **paper towel**, draw on the shell with the **crayons**. To avoid smudging your design when turning the egg, carefully lift it from the paper towel, turn it, then set it back down. Let the design set for about 30 minutes.
4. Then serve these beautiful eggs for lunch allowing the older children to crack and peel their own.

*familyfun.go.com



Turkey Vegetable Soup with Stuffing Dumplings

Make this delicious soup with thanksgiving leftovers! If you have the leftover turkey carcass, then make your own homemade stock for this soup. Or buy chicken stock to fill in! If you have any other soup appropriate left over veggies, throw them in with the turkey. Enjoy!

Ingredients for soup:

- 10-12 cups broth
- 1 chopped onions
- 2 sliced peeled carrots
- 2 sliced stalks celery
- 2 chopped garlic cloves
- 1 tablespoon extra-virgin olive oil
- 2 large eggs
- 6 tablespoons all-purpose flour
- 1/2 teaspoon salt to taste
- Freshly ground black pepper, to taste
- 2 cups leftover stuffing
- 2 sprigs fresh thyme
- 2 cups shredded leftover turkey meat
- 1 cup leftover corn kernels

Directions to make soup:

In a small bowl, whisk the eggs, flour, 1/2 teaspoon salt, and some black pepper together until smooth. Add the stuffing and mix until well combined; set aside.
Heat the oil in pot over medium heat. Add the chopped onion and garlic and cook until soft and translucent, about 6 minutes. Add the sliced carrots and celery, thyme sprigs, and reserved broth and bring to a simmer; cook vegetables are just soft, about 10 minutes.
Roll level tablespoons of the dumpling mixture into balls with wet hands (see note) and drop into the simmering soup; cook until dumplings float, 3-4 minutes. Gently stir in the turkey meat, corn, and any other leftover veggies, season with salt and pepper, and simmer until heated through. Serve immediately.
Note: Moistness of stuffing can vary; if the dumpling dough is too soft to roll, add flour a teaspoon at a time until it is firm enough to hold its shape while rolling.
*foodnetwork.com

To make turkey stock:

- * Carcass from one 12-14 pound roasted turkey, picked clean
 - * 1 quartered onion
 - * 2 coarsely chopped carrots
 - * 2 coarsely chopped celery
 - * 4 smashed garlic cloves
 - * 1 bay leaf
 - * 10 whole peppercorns
- Put the turkey carcass, quartered onions, coarsely chopped carrots and celery, smashed garlic, bay leaf, and peppercorns in a large stockpot and add enough cold water to just cover, about 2 quarts. Bring the water to a boil, and then reduce the heat to maintain a gentle simmer and cook for 1 hour. Remove from the heat and strain the solids from the broth. Pour the liquid through a fine mesh strainer and reserve; makes 10-12 cups broth.

Tips for Preventing Food Hassles

Young children need nutrients from a variety of foods to stay healthy. But what if your child only eats macaroni and cheese or will not eat any vegetables? Here is information from the American Academy of Pediatrics on how to encourage positive eating habits and how to prevent food hassles. If you have specific questions about your child's nutrition, talk with your child's doctor or a registered dietitian.

When children learn positive eating habits at a young age, they will make healthy food choices as an adult. Parents can:

- ★ Set a good example. The best predictor of a child with a healthy weight and lifestyle is parents with a healthy weight who make wise food choices and exercise regularly.
- ★ Get your child involved in meal planning. Read recipe books together. Put your child in charge of writing down a grocery list and go shopping together. During trips to the grocery store you can introduce new foods and also teach your child how to make healthy and nutritious choices. Ask your child to help with measuring out ingredients.
- ★ Try to serve snacks and meals around the same time each day.
- ★ Schedule at least one meal together as a family. Research suggests that having dinner together as a family on a regular basis has positive effects on the development of children. And time spent together can be fun and bring family members closer together. Remember to turn off the TV.
- ★ Give your children a 5-minute warning before mealtime. A 5-minute warning will give your children a moment to calm down, wash their hands, and get ready to eat. (Encouraging your children to wash their hands thoroughly before meals will help prevent foodborne illness.)
- ★ Set up mealtime rules. Children who are anxious, excited, or tired may have trouble settling down to eat. Sometimes a simple "food rules" chart on the refrigerator helps to keep things in order. Examples of food rules include (1) come to the table with clean hands, (2) help when asked, and (3) do not make bad comments about food served or what others are eating.

What to do when mealtime is a hassle ❶ Well-meaning adults often view a child's odd food and eating behaviors as a problem. However, childhood food jags, a fear of new foods, and other feeding challenges are usually a part of normal development. ❷ There's no need to worry if a child skips a meal or won't eat the vegetables on his or her plate. Keep the big picture in mind. Offer a variety of healthy, nourishing foods. Be creative! A variety of colors, kid-friendly shaped foods, and foods arranged on the plate in an appealing manner can entice children to try foods they might otherwise avoid. Provide nutritious snacks to help round out picky eating habits during meals. Over time, a child will get everything needed to grow and develop normally. ❸ Do not force your children to eat. While parents are the best judges of what children should eat and when, children are the best judges of how much they should eat. Food should be used as nourishment, not as a reward or punishment. In the long run, food rewards or bribes usually create more problems than they solve. ❹ Children often use the table as a stage for showing their independence. Sometimes food is not the issue at all. The eating process is just one more way children learn about the world. ❺ Work up an appetite! Active play, along with eating right, promotes good health...and a healthy appetite! And it is the best exercise for toddlers and young children.







The feeding challenge...

What you can try...

Food jags: Eats only one food, meal after meal	<ul style="list-style-type: none">• Make sure your child is hungry when mealtime comes. Offer only healthy snacks, and do not offer snacks too close to mealtime.• Let your child eat what he wants if the jag food is healthy.• Offer other foods at each meal before the jag food.• Be patient. After a few days, your child likely will try other foods. Food jags rarely last long enough to cause any harm.
Food strikes: Refuses to eat what's served, which can lead to "short-order cook syndrome"	<ul style="list-style-type: none">⦿ Make sure your child is hungry when mealtime comes. Offer only healthy snacks, and do not offer snacks too close to mealtime.⦿ Have whole-grain bread and rolls as well as fruit available at each meal, so there are usually choices that your child likes. You shouldn't prepare separate meals for each child, unless you want to be a short-order cook.⦿ Don't be afraid to let your child go hungry if she won't eat what is served.
"The TV habit": Wants to watch TV at mealtime	<ul style="list-style-type: none">⦿ Turn off the TV during meals. Watching TV during meals is a distraction that prevents family interaction and interferes with a child's eating. Mealtime is often the only time during the day that families can be together.
The complainer: Whines or complains about the food served	<ul style="list-style-type: none">• If your child whines and complains about the food offered, encourage her to eat what she can. If she continues to whine and complain, have her go to her room or sit quietly away from the table until the meal is finished. She can return and finish her meal only if she promises not to complain.• If your child is hungry and wants to come back to finish eating, let her know that it's good to have her rejoin the family.• Avoid letting her take food away from the table to eat, return for dessert, or snack until the next planned meal or snack time.
"The great American white food diet": Eats only white bread, potatoes, macaroni, and milk	<ul style="list-style-type: none">⦿ Encourage your child to eat what he can. Do not force your child to eat other foods. Giving more attention to finicky eating habits only reinforces a child's demands to limit foods.⦿ Offer a variety of foods from all the food groups.⦿ Be patient. Eventually your child will move on to other foods.
Fear of new foods: Refuses to try new foods	<ul style="list-style-type: none">⦿ Model eating and enjoyment of new foods yourself by introducing new foods at each meal.⦿ Encourage your child to allow a small portion of the new food to sit on her plate instead of forcing her to try new foods.⦿ Be patient. It may take many tries before a child is ready to taste a new food...and a lot of tastes before a child likes a new food.



November

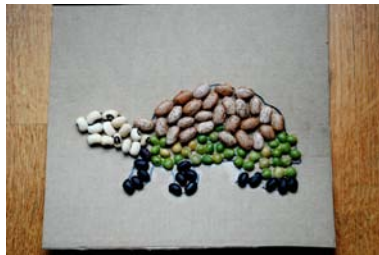
				1 All Saints' Day	2 All Souls' Day Send in Claim!	3 Lubbock Workshop
4 Daylight Savings Time Ends	5	6 Election Day 	7 Stephenville Workshop	8	9	10
11 Veterans Day 	12	13 Farmer's Branch Workshop	14	15		
18 	19	20	21	22 Thanksgiving Day		
25	26	27	28	29	30	
						

Dried beans are works of art!





Fall is a time of year when we think of nature's harvest and crafts that use natural materials. Dried beans come in all kinds of colors and make a wonderful medium for creating unique decorations.

Supplies:

- Thin cardboard from a small box or cereal box
- Marker or pencil to create outlines
- Glue
- Assorted Dried Beans
- Washable Paint
- Brushes



Instructions:

-  If desired, paint a background color on the cardboard and allow to dry.
-  Use an object or drawing to trace a simple outline on the dried cardboard. Leaves, turkeys, pumpkins, or just a simple pattern of lines are all excellent examples.
-  Using beans and clear glue, fill in the center of the drawing and add an outline. Brushes can help spread the glue in a broad area. Try different types of beans such as lima, chick peas, split peas, lentils, unpopped corn, kidney, black, pinto, etc. Often these beans can be bought in smaller quantities in the bulk section of the grocery store. Set aside to dry completely.
-  If desired, when the glue is completely dried, paint over some of the beans to complete this piece of art!