



Family and Consumer News

McDowell County Center

October-December 2012

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Healthy Trick-or-Treat Alternatives



Childhood obesity is increasing at an alarming rate, doubling over the past 30 years. Eating in moderation and becoming more physically active could reduce obesity rates in children.

When trick or treaters ring your doorbell, what will you give them? Try nutritious, tasty foods and non-food options, including items that get children up and moving to use the extra calories they consume.

Make Halloween a healthier and more inclusive holiday for children and adolescents with diabetes and other health-related dietary restrictions by offering non-sugar treats.

Healthy Food Treats: Think outside the box when choosing treats for trick-or-treaters or party-goers. The calories in all those bite-size Halloween treats add up quickly. Four "bite size" chocolate bars contain approximately 320 calories, 25 jelly beans have 140 calories, and 20 pieces of candy corn add up to 100 calories.

There are other treats that are lower in fat and sugar but may provide vitamins, minerals and fiber. The possibilities for healthy food treats are endless. Set a good example for your own children and the neighborhood kids by passing out healthy treats like these instead of giving them candy.

- cereal bars
- snack packets of dried fruit, baked pretzels, nut and seeds (e.g. peanuts*, unsalted almonds, sunflower seeds or pumpkin seeds)
- trail mix
- animal crackers
- gold fish crackers
- Cracker jacks
- 100 calorie packs of various products
- raisins and chocolate covered raisins
- fig cookies
- sugar-free gum or hard candy

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NC State University
A&T State University
**COOPERATIVE
EXTENSION**

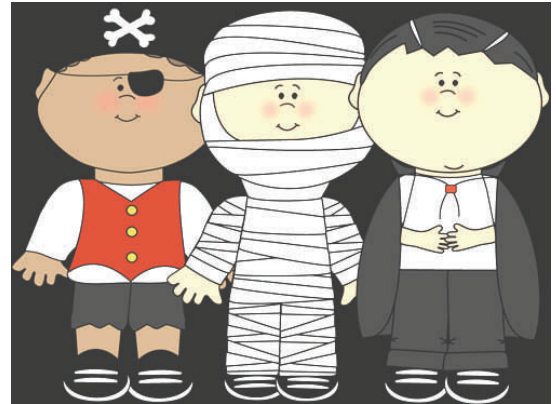
Empowering People · Providing Solutions

Healthy Trick-or-Treat Alternatives

- mini boxes of raisins
- individual juice drinks (100% juice)
- snack pack pudding
- sugar-free hot chocolate or apple cider packets

*Be careful of peanut allergies.

If you choose candy for treats, look for those that are lower in fat and sugar. Choose bite-size candy bars based on the least amount of fat and calories per serving. Better choices are: 3 Musketeers; 100 Grand Bar; Butterfinger; Milky Way; Raisinets; Starburst and York Peppermint Patties. In addition, consider healthier dark chocolate versions.



Non-food Treats: Children also will enjoy non-food treats like the items typically given in birthday goodie bags.

- small toys and pocket-sized games
- glow sticks
- costume jewelry (plastic rings, necklaces and bracelets)
- stickers, including reflective safety stickers
- rub-on or stick-on temporary tattoos
- bottles of bubbles
- whistles



The 12-week program finished up on September 13th with 8 women successfully completing the classes. Based on final evaluations, the group lost more than 11 inches in waistline and almost 60 pounds!!

Keep an eye out for another program beginning in January....



November 21-December 31
Worried holiday weight gain will weigh you down?

Join the Holiday Challenge to get FREE weekly e-Newsletters that will help you maintain your weight during the holidays. In this newsletter you will find healthy recipes, tips and information to help you successfully navigate the holiday season.

Visit www.myeatsmartmovemore.com to sign up!

Holiday Food Safety Q & A



Q. "I just discovered I cooked the turkey with the package of giblets still inside the cavity. Are the turkey and giblets safe to eat?"

A. If giblets were left in the cavity during roasting, even though this is not recommended, the turkey and giblets are probably safe to use. However, if the packaging containing the giblets has changed shape or melted in any way during cooking, do not use the giblets or the turkey because harmful chemicals from the packaging may have penetrated the surrounding meat.

Q. "I purchased a fresh stuffed turkey from my local grocery store in the deli department. One of my houseguests said it's not safe to cook and eat it. Is she right?"

A. Your houseguest must be well-informed on food safety. She's right: **DO NOT USE IT!** We recommend discarding or returning the product to the store where purchased.

USDA recommends only buying frozen pre-stuffed turkeys that display the USDA or State mark of inspection on the packaging. These turkeys are safe because they have been processed under controlled conditions. **DO NOT THAW** before cooking. Cook from the frozen state. Follow package directions for safe handling and cooking.

Q. "I baked some pumpkin pies over the weekend to serve tomorrow on Thanksgiving. They've just been sitting on the counter. Should I have refrigerated them?"

A. Yes. Foods made with eggs and milk such as pumpkin pie, custard pie and cheesecake, must first be safely baked to a safe minimum internal temperature of 160 °F. Then, they must be refrigerated after baking. Eggs and milk have high protein and moisture content and when these baked products are left at room temperature, conditions are ripe for bacteria to multiply. It's not necessary to refrigerate most other cakes, cookies or breads unless they have a perishable filling or frosting.



Q. "I roasted my holiday turkey yesterday and put it in the refrigerator. It isn't stuffed so I thought it was safe. Is it safe to eat today?"

A. We do not recommend you refrigerate a cooked turkey whole — it could take too long to cool down to a safe temperature. For optimal safety, cut whole or large pieces of poultry into small pieces. It's okay to leave the drumsticks, thighs and wings intact, if you prefer. Refrigerate in covered shallow containers within 2 hours of cooking. This is very important to ensure rapid, even cooling and quick reheating.



Do you have other holiday cooking/food safety questions? Give us a call! If it's an emergency and our office is closed, you can contact the USDA Meat & Poultry Hotline at 1-888-674-6854. The Hotline is open on Thanksgiving Day from 8:00 am to 2:00 pm but closed on other Federal government holidays.

Fall and Winter Energy-Saving Tips

Energy.gov



Take Advantage of Heat from the Sun

- Open curtains on your south-facing windows during the day to allow sunlight to naturally heat your home, and close them at night to reduce the chill you may feel from cold windows.

Cover Drafty Windows

- Use a heavy-duty, clear plastic sheet on a frame or tape clear plastic film to the inside of your window frames during the cold winter months. Make sure the plastic is sealed tightly to the frame to help reduce infiltration.
 - Install tight-fitting, insulating drapes or shades on windows that feel drafty after weatherizing. Find out about other window treatments and coverings that can improve energy efficiency.



Adjust the Temperature

- When you are home and awake, set your thermostat as low as is comfortable.
- When you are asleep or out of the house, turn your thermostat back 10° to 15° for eight hours and save around 10% a year on your heating and cooling bills. A programmable thermostat can make it easy to set back your temperature.

Find and Seal Leaks

- Seal the air leaks around utility cut-throughs for pipes ("plumbing penetrations"), gaps around chimneys and recessed lights in insulated ceilings, and unfinished spaces behind cupboards and closets.
- Add caulk or weather stripping to seal air leaks around leaky doors and windows.
- **Maintain Your Heating System**
 - Schedule service for your heating system. Find out what maintenance is required to keep your heating system operating efficiently.
 - Furnaces: Replace your furnace filter once a month or as needed.
 - Wood- and Pellet-Burning Heaters: Clean the flue vent regularly and clean the inside of the appliance with a wire brush periodically to ensure that your home is heated efficiently.



Reduce Heat Loss from the Fireplace

- Keep your fireplace damper closed unless a fire is burning. Keeping the damper open is like keeping a window wide open during the winter; it allows warm air to go right up the chimney.
- When you use the fireplace, reduce heat loss by opening dampers in the bottom of the firebox (if provided) or open the nearest window slightly -- approximately 1 inch -- and close doors leading into the room. Lower the thermostat setting to between 50° and 55°F.
- If you never use your fireplace, plug and seal the chimney flue.
- If you do use the fireplace, install tempered glass doors and a heat-air exchange system that blows warmed air back into the room.
- Check the seal on the fireplace flue damper and make it as snug as possible.
- Purchase grates made of C-shaped metal tubes to draw cool room air into the fireplace and circulate warm air back into the room.

- Add caulking around the fireplace hearth.

Lower Your Water Heating Costs

Water heating can account for 14% to 25% of the energy consumed in your home.

- Turn down the temperature of your water heater to the warm setting (120°F). You'll not only save energy, you'll avoid scalding your hands.

Lower Your Holiday Lighting Costs

- Use light-emitting diode -- or "LED" -- holiday light strings to reduce the cost of decorating your home for the winter holidays.



Pumpkin Butter

- 1 (15-ounce) can of pumpkin (not pumpkin pie filling)
- 1 teaspoon vanilla extract
- 5/8 cup apple cider or apple juice
- 1/2 cup packed brown sugar
- 1 cinnamon stick
- 1 teaspoon apple pie spice
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground cloves

Combine pumpkin, vanilla, apple juice, cinnamon stick and spices in a medium saucepan. Stir well.

Bring mixture to a boil. Reduce heat and simmer for 20-30 minutes or until thickened, stirring frequently.

Discard cinnamon stick before storing or serving.

Nutrition Information: (Per Serving) Serving size: 1/4 cup; Calories: 73; Total Fat: 0.2g; Sodium: 7mg; Total Carbohydrate: 18g; Dietary Fiber: 2g; Protein: 1g Number of servings (yield): 7



Dish: _____

Recipe

Serves: 12

Sweet Potato Quick Bread

- 2 cups baking mix, low-fat
- 3/4 cups brown sugar
- 1/2 cup quick oats
- 1 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1 cup cooked sweet potato
- 1/2 cup milk
- 2 eggs
- 1/4 cup applesauce
- 1/4 cup walnuts, chopped

Preheat oven to 350F.

Mix all ingredients together until just moistened, being careful not to over stir.

Pour batter into a 5 x 9 greased and floured pan loaf pan.

Bake at 350F for 45 – 60 minutes, or until toothpick inserted into center of bread comes out clean.

Nutrition Information: (Per Serving) Serving size: 91g; Calories: 200; Total Fat: 4g; (Saturated Fat: 0.5 g); Cholesterol: 35mg; Sodium: 260mg; Total Carbohydrates: 37g; Dietary Fiber: 2g; Sugars: 17g; Protein: 4g



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FREE Pesticide Collection Day
Thursday, October 11
10:00am-2:00pm
Public Works Garage
3849 Hwy 226S

Nearly all pesticide products will be accepted. For liquid pesticide containers larger than 5 gal or for unlabeled pesticides, please contact our office before bringing to the collection site.

No gas cylinders accepted. Contact our office at 652-8104 for more information.



Extension Master Gardener Classes

Beginning Thursday, February 7, 2013
5:30-8:30pm

Training will be \$100 plus 40 hours of volunteer time and, will include thirteen 3 hour sessions.

For more information or to register for this program call Jane or Molly at 652-8104

SAVE THE DATE

**COMING
UP**

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