



Family and Consumer Sciences Newsline

Make Your Road to Food Safety Smooth

With the Thanksgiving holiday just around the corner, many families are making plans to hit the road to visit family and friends.

When it comes to holidays, there are some traditional foods that make the day special. If you are planning to travel with these special edibles, keep food safety in mind to help ensure an enjoyable holiday.

Barbara Brown, Oklahoma Cooperative Extension Service food specialist, said traveling to visit family is an annual event for many Oklahomans during the Thanksgiving holiday.

“Whether you’re traveling with most or just part of the family meal, or if you’re simply packing snacks for the trip, there are things to consider that will keep your food safe to eat,” Brown said. “The ‘road’ to food safety can be bumpy or smooth depending on what precautions are taken.”

Keep in mind that even though the weather has cooled off, steps must still be taken to keep cold foods cold. Be sure to discard any perishable foods that are left out more than two hours. That time frame is reduced to just an hour should the temperature be above 90 °F. Remember that on a warm day the temperature of food left in a car trunk could be in a 90 degree environment.

One of the keys to traveling with perishable food is to plan ahead. Place food in a cooler with ice or freezer packs. Families who are going a long distance will want to pack these foods separate from snacks and drinks they will consume along the way. Plan to keep perishable foods to be eaten while traveling on ice as well.

“If you’ve cooked your favorite casserole or other dish to take to another destination, transport the food cold rather than hot if it must be carried for more than



two hours. Keeping food cold minimizes bacterial growth,” she said. “Use an insulated cooler with enough ice or ice packs to keep the foods at 40° F or below. Pack cold food directly from the

refrigerator into the cooler immediately before leaving home. Plan accordingly so you arrive at your destination with enough time to heat foods to the proper internal temperature.”

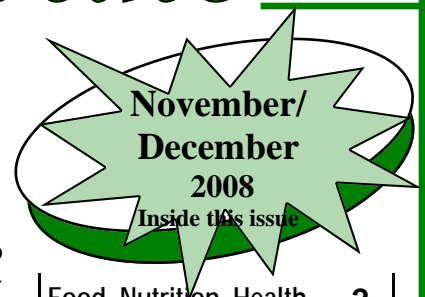
Freezing foods such as sandwiches, juice and milk before leaving home will help them keep cold longer. Meat and poultry can be packed frozen. For those who may be traveling for several days, plan to purchase sandwich meat and other perishables every day if there is not enough cooler space available. Always wrap and pack raw foods separately from cooked foods or food such as fruit that can be eaten raw.

Keep in mind that a full cooler will maintain its cold temperature longer than one that is partially filled. If the cooler is only partially filled, pack the remaining space with more ice.

If you plan to eat out while on the road, keep food safety in mind as you make your choice of restaurant and food. Although the U.S. food supply is high quality and the sanitation in most restaurants reduces the risks of food borne illness compared to some other countries, food poisoning can occur.

Brown said common symptoms are diarrhea, upset stomach, cramps and general malaise.

“You want to enjoy this holiday season and keeping food safety in mind will help you meet that goal,” Brown said.



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Turkey is an economical meat. To enjoy an even greater savings, purchase a larger turkey. A larger size turkey yields more meat in proportion to bone.

How big of turkey should I buy?

You should allow one pound of turkey for each adult guest. For example, if you are serving 12 people, purchase a 12 pound turkey. This allows for everyone to enjoy a generous serving of turkey and guarantee enough extra turkey for additional meals.

How do I thaw a turkey?

Cook turkey when it is thawed. Never let your turkey sit out on a table or counter to thaw. Harmful bacteria multiply rapidly at room temperature.

- Refrigerator method - the best way to thaw a turkey is to place the wrapped turkey on a tray in the refrigerator for three to four days, depending on the size. Allow five hours per pound of turkey to completely thaw.
- Cold water method - the fastest way to thaw turkey is to place the wrapped turkey in the sink and cover it with cold water. Allow about 1/2 hour per pound of turkey to completely thaw. Change water every 30 minutes. Refrigerate or cook immediately.

How do I prepare a turkey to roast?

- Remove giblets and neck from turkey. Rinse turkey with cold running water, drain, and pat dry with

paper towels to remove excess water.

- Rub skin of turkey with canola oil or margarine, and add some paprika or your favorite seasoning.
- Place turkey, breast side up in a large cooking bag. Then put in a large, shallow roasting pan. (about 2 1/2 inches deep). Note: If using a cooking bag, following the instructions provided with the bag. Reduce the amount of total roasting time. Never use a brown paper bag.

Roast turkey in a pre-heated 325° F oven. Follow roasting times on the following chart. The internal temperature of the turkey should reach a minimum of 165° F in the thigh before removing the turkey from the oven.

Turkey Roasting Times

Approximate timetable for roasting a turkey at 325° F. Check doneness with a meat thermometer.

Weight	Unstuffed	Stuffed
8 - 12 pounds	2 3/4 - 3 hours	3 - 3 1/2 hours
12 - 14 pounds	3 - 3 3/4 hours	3 1/2 - 4 hours
18 - 20 pounds	3 3/4 - 4 1/4 hours	4 1/4 - 4 3/4 hours
20 - 24 pounds	4 1/2 - 5 hours	4 3/4 - 5 1/4 hours

http://www.fsis.usda.gov/fact_sheets//Countdown_to_the_Holiday/index.asp

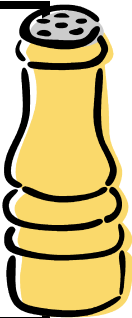
Reducing salt intake has positive health benefit

Do you always reach for the salt shaker before tasting your food? If so, try doing a taste test first. About 80 percent of the sodium, the part of salt that we should limit, comes from processed and pre-prepared foods, said Janice Hermann, Oklahoma Cooperative Extension Service nutrition specialist. "Taste your food first. It probably already has plenty of salt," Hermann said. "The Dietary Guidelines for Americans indicates eating less than 2,300 milligrams of sodium (about 1 teaspoon of salt) per day may help lower the risk of high blood pressure in certain people. Americans typically consume about 30 percent to 50 percent more sodium than the recommended teaspoon each day."

By looking at food labels, you can see how easy it is to eat too much sodium. Some of the highest sources of sodium in the U.S. diet are listed below with the amount of sodium in one serving.

- Fried chicken dinner, frozen 1,600 (milligrams sodium)
- Sub sandwich, 6" cold cuts 1,600
- Fried shrimp, 6-8 400
- Chili con carne, canned 1,100
- Ham, cured 1,000
- Chicken pot pie, frozen 1,000
- Bacon cheeseburger 1,000
- Soup, canned 900

Fast food meals, salad dressings and even ready-to-eat cereals can contain more sodium than you might think, based on how the food tastes. In order to choose foods with less salt or sodium, you have to ask for nutrition information at restaurants and read the nutrition facts label on processed foods.



Since most of the sodium we eat comes from processed foods, one way to eat a diet lower in salt is to eat more fresh, less processed foods. Choose fresh fruits, vegetables and meats. Using herbs and spices can help you dress up and add color to food. Try some seasonings that you know your family likes, to create some taste sensations at the table. Here are some ideas to get you started: For beef and chicken try garlic, basil, bay leaf, oregano, parsley or chives. On pork use sage, cumin or rosemary while thyme, oregano, marjoram and tarragon work well with poultry. Fish can be seasoned using dill, fennel, parsley or cilantro.

Be wise when giving to charities

With the holidays quickly approaching many people want to reach out to those in need, but before you give to any charitable organization make sure and give it careful consideration.

Before giving any donation to a charity it is important to recognize the legitimate charities from the fraudulent ones, said Glenn Muske, Oklahoma Cooperative Extension Service interim associate dean, assistant director, family and consumer sciences.

“For the most part, charitable organizations are honest and will put the money you give them to good use,” Muske said. “Before giving, you should make sure you are giving to a charity that has their heart in the right spot.” The Better Business Bureau has developed four basic standards of accountability for charitable organizations. They include:

- Determine how they govern their organization.
- See the ways they spend their money (including how much goes toward fundraising activities – suggesting no more than 35 percent of donations be used in that manner).
- The truthfulness of their representations.

Willingness to disclose basic information to the public.

The Better Business Bureau Wise Giving Alliance (the Alliance) suggests to the public to give the same careful thought for their donated clothing, furniture and other goods as they would for cash donations for charity. Thrift shops may vary in how their actual sales benefit charities.

“When donating clothing, most people think of it as a convenience gift to help clean out the house, but as a contributor it is important to take the time to see who will benefit from the donation,” Muske said. “The name of the store may identify the affiliation with the charity, but names that sound like charities have been sued by for-profit stores with little or no link to charity.”

The Alliance has tips for picking thrift stores and other guidance for informed giving.

The Alliance reports on nearly 500 national charities. This coverage comes close to holding 50 percent of the total revenue received annually by charitable organizations in the United States.

Muske said with charity reporting on this scale, it will assist more donors in making informed decisions when giving and assist more charities in setting up their commitment to moral practices and give greater confidence to those who are giving.

Tips for giving to charities and in-depth reports can be found online at www.give.org

Source: Glenn Muske, PhD. Oklahoma State University

Tips to Keep Holiday Spending in Check

- Establish an overall spending limit and keep track of where you stand as the holiday season progresses. Keep receipts for all of your purchases. Not only does this help you track your spending; it also allows you to make exchanges and returns if necessary. You may want to ask for gift receipts for that difficult to buy for person. www.practicalmoneyskills.com has a holiday budget planning calculator.
- Suggest your extended family participate in a "pick a name" gift exchange. That way everyone receives a thoughtfully chosen gift and no one goes broke from the need to buy numerous presents. This also saves valuable shopping time.
- Keep all your credit charges to one or two cards. Psychologically you will be likely to spend less money. Write down your credit card purchases just as you would on a check register or debit card register.
- Keep an envelope for receipts so you can tally purchases at the end of the day.
- Avoid splurging on spur-of-the-moment gifts.
- Plan ahead and have ingredients for easy to fix dinners in the cupboard so you won't splurge on fast-food meals during busy shopping times.
- Remember, if you can't pay off the credit card bill when it arrives, you'll end up paying high interest payments...so much for saving on sales!

Source: Iowa State University, Money Talks

Fast Food Choices

Face it, there are times when most of us are going to eat fast food. The only question is which kind. Kathleen Zelman, WebMD's own registered dietitian, walks us through what to avoid and what to consider at five popular fast food restaurants. You may be surprised by her choices.

Wendy's: Choose foods that are less than 300 calories per serving:

- *Grilled Chicken Fillet* -- no mayo, try the honey mustard for a few extra calories
- *A Jr. Hamburger* or *Jr. Cheeseburger*
- *Side Salad*
- *Spring Mix Salad* with honey pecans and 1/2 the salad dressing packet
- *Small (8 oz) Chili*

Taco Bell: Choose any of the following to keep the single serving less than 300 calories:

- *Tacos*
- *Taco supreme*
- *Soft beef or chicken taco*
- *Any of the Gorditas*

Subway: Choose a 6-inch sub or a deli round topped with lots of veggies and ham, roast beef, or turkey breast for less than 300 calories. Use mustard or vinegar as a topping and for additional 45 calories, add 1 tablespoon of light mayo. *Any of the salads with 6 grams of fat or less topped with a fat-free Italian dressing and lunch comes in under 250 calories. Most soups (not chili, which is 310 calories) that do not contain bacon or cheese would only add approximately 90 calories to the meal.*

Burger King: If you keep it simple and order a small burger -- the *Whopper Jr.* or the *Chicken Whopper Jr. without mayo and with lettuce and tomato* -- you can keep it around 310 calories. The real treat is the *chicken tenders* that are only 210 calories for a 5 piece serving, and if you dunk it in *barbeque or sweet and sour sauce*, you can still come in under 300 calories.

McDonald's: Enjoy a *small hamburger without the mayo and with lettuce and tomato* or a *California Cobb Salad* (with or without the chicken) with *half a packet of the balsamic vinaigrette*, and you can keep your intake to about 300 calories. If you dunk it in *barbeque or sweet and sour sauce*, you can still come in under 300 calories.



Cooking with Kids Corner

Yummy Log Cabin

Equipment:

- 1 or more empty and clean 8-oz milk cartons
- Masking tape
- Plastic knife and paper plate

Ingredients:

- Small jar of smooth peanut butter
- Thin pretzel sticks and pretzel nuggets
- 1/2 cup raisins for decorating
- 1/2 cup assorted nuts for decorating

Seal milk carton shut with masking tape. Spread peanut butter thickly on all sides, including the roof. Press the thin pretzel sticks into the peanut butter so they look like logs. Make sure you include doors and windows. (Break the thin pretzels into smaller pieces for this.) Use the chunky pretzel nuggets for the roof shingles. Add raisins and nuts for fancy adornments. The edible ingredients make this a nutritious snack, which is also great fun to demolish and eat heartily with your fingers!

The holidays is a great time to cook with kids and pass along family traditions and favorite foods. You might even help children learn that the real meaning of the holidays is not getting out of school or how many gifts you get, but what you do to build your family and to serve others.

Source: 365 activities for fitness, food, and fun for the whole family



Elizabeth's
Notes

Early Turkey Day greetings to you all. Before long we will have our recipes out, the old favorites and maybe some new ones, to try for the big feast. Hope all our families have safe travel as we gather together. We have so many things for which we are thankful, we are indeed

blessed.

I expect you all have creative ideas floating around in your head of gifts to make for family and friends. Our greatest gift, however, is to share the wonder and joy of the season with others. Our holiday luncheon will be a time of fellowship and remembrance of those who have celebrated in the past and who left us a legacy of friendship, learning and contributing to our communities. Happy Holidays to you all!



Holiday Luncheon

Date: December 3, 2008

Location: Green Country
Event Center

Theme: Diamond Jubilee

Collection: HUGS - Bring NEW Hats, Underwear, Gloves, and Socks to be donated to area helping agencies.

Program Cover Contest: Your design is due by November 7 at the OSU Extension Center.

Decorations: Each group will decorate their own tables. Remember to provide your own napkins this year.

Cost: Members, \$10.00; Guests, \$13.00

Entertainment: Book Review
"Christmas Scrapbook" by Philip Gully
Presented by Gerry Hendon

Luncheon Workshop

November 10, Monday, 10am to whenever!
Bring a sandwich

ALSO bring shiny gold, silver or white wrapping paper, ribbon, decorations.
Anything that sparkles to decorate the tree!
PLUS paper scissors, tape, glue, etc.

Reminder

YES YOU CAN - FALL WORKSHOP

Friday, November 7, 2008
Extension office auditorium

10:00-12:00— Gift bag and tree ornament

Bring *scraps* to share of Christmas fabric, wrapping paper, various trims and ribbons, beads, sequins, scissors, needle and thread.

Brown bag lunch with tea/coffee furnished

1:45 pm to 3 pm—Watercolor card

Bring #2 pencil.

- NOVEMBER** - Display Case, Owasso Pioneers
- 3 BOARD MEETING TO REVIEW 2009 YEARBOOK
9:30 am, Extension office
 - 7 Entries for Member Awards due in Extension office
 - 7 "Yes, You Can" Fall workshop, Extension office
 - 7 2009 Group Officer and Committee Chairs due
 - 11 Extension office closed for Veteran's Day
 - 20 District Training "EFFECTIVE MEETING LEADERSHIP"
10:00 am—3:00 pm in Kellyville
 - 21 Reservations for Holiday Luncheon to County Treasurer,
Mary Peterson
 - 27-28 Extension office closed for Thanksgiving
- DECEMBER** - Display Case, Casa La Mia
- 3 Holiday Luncheon
 - 25-26 Extension office closed for Christmas
- JANUARY** (Please note change in date of Business Meeting)
- Display Case - Valley View
 - Business Meeting Hostess - Owasso Pioneers
 - 1-2 Extension office closed for New Year's
 - 9 Board Meeting 10:00 am at Extension office
 - 23 BUSINESS MEETING 9:30 am at Extension office
 - 27 Leader Training - Feb, Mar, Apr in Owasso 10:00 am

OHCE

We have a wonderful opportunity to influence the scope and future path of OHCE. We have such a talented pool of “doers” and community leaders in our county that could step into State leadership rolls. If you feel that you might be interested in this next step in your OHCE adventure, please contact Charlotte or myself for more information. YOU CAN MAKE A DIFFERENCE!

STATE QUESTIONS FOR GENERAL ELECTION - NOV. 4, 2008

STATE QUESTION NO. 735 - LEGISLATIVE REFERENDUM NO. 343

This measure amends the Oklahoma Constitution. It adds Section 8D to Article 10. The measure takes effect January 1, 2009. It creates an exemption from personal property tax. The exemption would be for the full amount of taxes due on all household personal property. The exemption would apply to certain injured veterans. It would also apply to those veterans’ surviving spouses.

To qualify for the exemption an injured veteran would have to meet certain requirements. First, a branch of the Armed Forces or the Oklahoma National Guard would have to have honorably discharged the veteran from active service. Second, the veteran would have to be an Oklahoma resident. Third, the veteran would have to be the head of the household. Fourth, the veteran would have to be one hundred percent permanently disabled. Fifth, the United States Department of Veterans Affairs would have to certify the disability. Sixth, the disability must have occurred through military action or accident, or resulted from a disease contracted while in active service. The Legislature could pass laws to carry out the exemption. Such laws could not change the amount of the exemption.

**SHALL THE PROPOSAL BE APPROVED?
FOR THE PROPOSAL - YES
AGAINST THE PROPOSAL - NO**

Sincerely,



*Charlotte L. Richert
Family and Consumer Sciences
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This newsletter is published by OSU Extension Service/Tulsa County Family and Consumer Sciences Department. Information about Oklahoma Home and Community Education (OHCE) groups may be obtained by contacting Tulsa County Extension, 4116 East 15th St., Tulsa, OK 74112-6198
918-746-3703 or log onto: www.oces.tulsacounty.org

STATE QUESTION NO. 741 - LEGISLATIVE REFERENDUM NO. 344

This measure amends the Oklahoma Constitution. It would add a new Section 22A to Article 10. This section is related to exemptions from property taxes. It would require a person or business to file an application for an exemption. No exemption could be granted prior to filing an application. The Legislature may write laws to carry out the provisions of this section.

**SHALL THE PROPOSAL BE APPROVED?
FOR THE PROPOSAL - YES
AGAINST THE PROPOSAL - NO**

STATE QUESTION NO. 742 - LEGISLATIVE REFERENDUM NO. 345

This measure adds a new section to the State Constitution. It adds Section 36 to Article 2. It gives all people of this state the right to hunt, trap, fish and take game and fish. Such activities would be subject to reasonable regulation. It allows the Wildlife Conservation Commission to approve methods and procedures for hunting, trapping, fishing and taking of game and fish. It allows for taking game and fish by traditional means. It makes hunting, fishing, and trapping the preferred means to manage certain game and fish. The new law will not affect existing laws relating to property rights.

**SHALL THE PROPOSAL BE APPROVED?
FOR THE PROPOSAL - YES
AGAINST THE PROPOSAL - NO**

STATE QUESTION NO. 743 - LEGISLATIVE REFERENDUM NO. 346

This measure amends Section 3 of Article 28 of the Constitution. It requires a customer to be twenty-one and physically present to purchase wine at a winery, festival or trade show. The measure changes the law to allow certain winemakers to sell directly to retail package stores and restaurants in Oklahoma. The change applies to winemakers who produce up to ten thousand gallons of wine a year. It applies to winemakers in-state and out-of-state. Those winemakers may not also use a licensed wholesale distributor. They must sell their wine to every retail package store and restaurant in Oklahoma that wants to buy the wine. The sales must be on the same price basis. The sales must be without discrimination. Those winemakers must use their own leased or owned vehicles to distribute their wine. They may not use common or private carriers. If any part of this measure is found to be unconstitutional, no winemaker could sell wine directly to retail package stores or restaurants in Oklahoma.

**SHALL THE PROPOSAL BE APPROVED?
FOR THE PROPOSAL - YES
AGAINST THE PROPOSAL - NO**