

FOOD – FOR YOUR FAMILY AND FITNESS

Food for Fitness and Fun – November 2002

PICK A BETTER SNACK

NOVEMBER featured produce items for the Pick a Better Snack Campaign include:

- Pumpkin
- Pears
- Sweet Potatoes
- Cranberries



By eating fruits and vegetables and getting physical activity, you may be eligible to win one of 6 prizes to be awarded **each** month. Here's what you need to do.

1. Get a copy of the Pick a Better Snack and Act Bingo Card from the web site at: www.extension.iastate.edu/food/ OR Call Johnson County Extension Office at 319-337-2145 to have a copy mailed to you along with an entry blank.
2. Earn a Bingo by completing the physical activity and eating suggestions in any row across, down; or corner to corner. You are "on your honor" as to what "counts" as a Bingo for you. For a new food item, just a bite may be sufficient. For familiar foods, you would eat a serving. Physical Activity will be similar. If it's a new activity, it could be just trying it is a great goal for you. If it's a familiar activity, you may want to participate for 20-30 minutes.
3. Return your completed entry blank to me in one of the following ways:
 - a) Complete the form on the web site,
 - b) Fax the form to me at 319-337-7864
 - c) Mail to: Jan Temple - PBS
Johnson County Extension,
4265 Oak Crest Hill Road, SE,
Iowa City, IA 52246
4. Winners will be contacted. Prizes will be mailed to persons within the continental United States
5. Participate each month – October 2002 to September 2003. Encourage the whole family play.

GROWING UP HEALTHY AND ACTIVE

You can hardly read or listen to news media without learning about the rates of childhood obesity. Obesity has nearly surpassed smoking as the leading cause of preventable death among Americans, according to a new report.

Data from 1999 shows that 1 of every 7 children in the U.S. are overweight. According to the latest Center for Disease Control data, that is about 13 percent of children ages 6-11 and 14 percent of children ages 12-19. Unfortunately, this increase in weight with age continues into adulthood.

Watching TV and playing video games are popular "activities" for children. Average time spent:

2.5 hours per day for 2-7 year olds

4.5 hours per day for 8-18 year olds.



The American Academy of Pediatrics recommends:

- Limit TV viewing to 1-2 hours per day of quality programs
- Remove TV sets from children's bedrooms
- Children under 2 years of age should not watch television

LIGHTEN UP IOWA

Because of the growing epidemic of higher weights, Iowa State University Extension, The Iowa Department of Public Health and the Iowa Games are teaming up for a health improvement project called "Lighten Up Iowa". The theme for the year 2003 is "Go the Distance".

"Go the Distance" is a challenge program for community groups of adults, youth or families. "Go the Distance" teams are asked to accept the challenge of increasing physical activity (by walking or other activities you enjoy), along with eating five daily servings of vegetables and fruit beginning January 6, 2003. Teams will have until June 6 to complete the challenges they set for themselves.

How does it work? Teams of 2-5 or 6-10 members may register with Iowa Games. This may be done through the web site: www.lightenupiowa.org OR for groups with no web access, please contact your County Extension Office for assistance. Each group will need to select a captain. The captain will make sure the group is registered and report monthly progress upon team-determined goals. Teams will be eligible for recognition in several categories. Adult team members will pay \$10 per person and receive a t-shirt and information about purchasing step counters. Youth teams will participate free.

Teams can set their own challenges (like accumulating mileage that would take them to Washington, DC. or some other destination) or may find it fun to challenge a team in their community, their county or a similar type of team in another part of the state. You will be able to post challenges to other teams on the "Lighten Up Iowa" web site.



NOTE: If participants collectively were to walk a million miles we could improve our health status and lose 100 tons.

IS YOUR THERMOMETER READY?

As the holiday season approaches, you will hear many 'experts' tell you to check the temperature of various food items to ensure that they are safe to eat. BUT, how do you know if your thermometer is telling the truth?

It is highly recommended that you check your thermometer to make sure it is correct. In the food industry, thermometers are checked at the beginning of each work shift. It's very simple to check an instant read thermometer. Here how.

- Fill a large glass with crushed ice. Add water until the glass is full and stir.
- Put the thermometer or probe stem into the ice water so that the sensing area is completely submerged for 30 seconds. Note: Do not let the stem touch the bottom or sides of the glass.
- Hold the adjusting nut securely with a wrench or other tool and rotate the head of the thermometer until it reads 32 degrees F (0 degrees C).

That's all there is to it! Check your thermometer often so you'll know that your holiday foods safe.

IOWA STATE UNIVERSITY
University Extension

Helping you become your best.

THAWING A TURKEY

Thawing in the refrigerator – allow 24 hours per 5 lbs.
Thawing in cold water – allow 30 minutes per pound.

WHEN IS THE TURKEY DONE?

The best way to know if the turkey is done is to use a meat thermometer. The temperature must reach:

- **180°F in the thigh of a whole turkey**
- **165°F in the stuffing inside the turkey**
- **170°F in the breast of a turkey.**

If you do not have a meat thermometer, do not stuff the turkey, but cook stuffing in a separate baking dish. To tell if the turkey is done, use a fork to poke the unstuffed turkey in a few places. The turkey juices should be clear with no pink color.

Besides checking with the thermometer and making sure the juices are clear, take a paper towel in your hand and move the leg of the turkey up and down. If it moves easily, or if the hip joint breaks, the turkey is done. And if the meat falls off the bone easily, it is done. Carefully remove the turkey from the oven and let it rest for 15-20 minutes before removing the stuffing and/or carving.

REHEATING A TURKEY DINNER?

Reheat food thoroughly to 165°F until hot and steaming. Bring gravy to a rolling boil. Inadequate heating in the microwave or conventional oven can contribute to food-borne illness.

HANDLING LEFTOVERS

Perishable foods should not be left out of the refrigerator for more than 2 hours. Refrigerate or freeze leftovers promptly in shallow containers. It is safe to freeze leftover turkey and trimmings – even if you purchased them frozen.

STORAGE OF LEFTOVERS

Refrigerator (40°F or slightly below)

Cooked turkey	3 to 4 days
Stuffing and gravy	1 to 2 days
Other Cooked dishes	3 to 4 days
Cooked Vegetables	3 to 5 days
Pumpkin Pie	2 to 3 days
Fruit Desserts/Pie	3 to 5 days
Soups	2 to 3 days
Canned Cranberry Sauce	5 to 7 days
Restaurant Carry-out Entrees	– 1 day

Freezer (0°F or lower)

Turkey slices or pieces, plain	4 mos.
Turkey covered with broth or Gravy	6 mos.
Cooked poultry dishes	4 to 6 mos.
Stuffing and gravy	1 month



PALATE PLEASING PUMPKIN PIE

Featuring a graham cracker crust and an 'ice cream' base, this pie is sure to be a favorite of young and old.

- 1 half gallon frozen low-fat or fat free vanilla yogurt
- 1 15 ounce can pumpkin (2 cups)
- 1 cup brown sugar
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- 2 - 9 inch graham cracker pie crusts (purchased is fine)
- Cinnamon chips for garnish (optional)

Take frozen yogurt out of freezer until it becomes soft. Put it in a bowl with the pumpkin, brown sugar and spices. Stir until blended. Divide filling equally between the two pie shells. Return to freezer until frozen firm. To serve, remove from freezer 10 minutes before serving. Return leftovers to freezer.

PUMPKIN PIE SQUARES

Try this alternative to pie – easy to serve and tastes great!

- 1 cup flour
- ½ cup oatmeal
- ½ cup brown sugar
- ½ cup margarine
- 1 15 ounce can pumpkin puree
- 1 12 ounce can evaporated skim milk
- 2 eggs
- ¾ cup sugar
- 1 ½ teaspoon pumpkin pie spice

1. Combine flour, oatmeal, brown sugar and margarine.
2. Press into a 9 x 13 inch pan.
3. Bake at 350 degrees F. for 15 minutes.
4. Mix remaining ingredients. Pour on top of crust.
5. Bake at 350 degrees for 35 minutes.
6. Refrigerate after baking.



QUICK HOLIDAY SALAD WITH A SPECIAL POPPY SEED TWIST

A quick, but special salad to serve at a holiday meal.

- 1 bag ready to serve salad greens (Ex. Romaine, Italian)
- 1 8 ounce can mandarin orange sections
- ¼ cup sliced almonds
- Serve with Poppy Seed Dressing (recipe follows)

POPPY SEED DRESSING

 Yield: 3 ½ cups

The flavor of this dressing blends well with citrus fruits. Try it with grapefruit as well as oranges. Source: Nancy Sims

- 1 medium onion
- 1 ½ cups granulated sugar
- 2 teaspoons dry mustard
- 2 teaspoons salt
- 2/3 cup vinegar
- 2 cups vegetable oil
- 3 Tablespoons poppy seeds

Use a blender to chop the onion. Add sugar, mustard, salt and vinegar. Slowly, add the oil. Blend on high until well mixed. Add poppy seeds and blend one minute longer. Keep refrigerated.

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Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.

and justice for all

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