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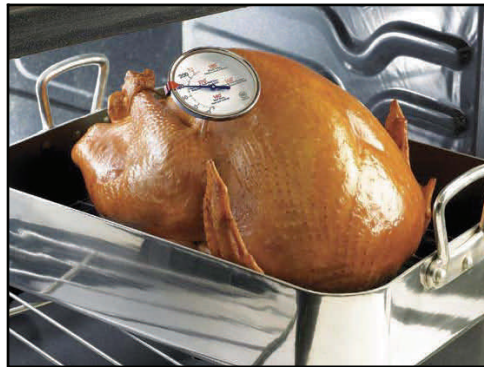


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## Top Turkey Resources



The holidays are here! And that means plans are being made to gather around the holiday table with family and friends.

Keep food preparation safe by using these tips from the USDA Food Safety and Inspection Service:

- Thaw frozen turkey in the refrigerator, in cold water, or the microwave.
- Use a thermometer to check doneness of turkey and dressing. The key temperature is 165°F.

- Thanksgiving leftovers are safe for 4 days in the refrigerator. They're safe forever in the freezer.



- When you go after those Thanksgiving leftovers, make sure heat them to 165 °F before you start eating.
- Keep tomorrow's sandwiches safe! When storing leftover turkey, cut it into smaller pieces to chill faster.

Learn more at

<http://1.usa.gov/1ueSOQ4>



## Communicating with Social Media

It's everywhere. Tweet this, Facebook that, and so on. Here are some tips to improve communication with social media:

1. **Social media is critical**—It is the most efficient way to share timely information.
2. **Answer questions directly**—Inaccurate information benefits from science-based knowledge.
3. **Engage**—Be appreciative of followers.
4. **Tap into communities**—Find where people live on social media. Blogs, forums, message boards, etc.

Learn more at <http://bit.ly/1LudnkG>.



## Gifts of Herb-Infused Oil

Gifts of food from the kitchen give a personal homemade touch. Making herb-infused oils are popular, but must be done safely. Oil infusions are easy to make, but they have a real potential to become unsafe when not properly prepared and stored.

Added ingredients (garlic and herbs are common)

must be acidified before they are added to oils. That does not mean that you cannot infuse oils without acidifying the added ingredients. Those oils must be stored under refrigeration for safety and used within two or three days.

Acidifying oils can prevent *Clostridium botuli-*

*num* from growing when oils are stored at room temperature. The oil creates a low oxygen environment, garlic and herbs are low acid, there is abundant moisture and shelf storage temperatures are well within the zone for pathogens to thrive.



Source: [www.clemson.edu/extension/hgic/food/food\\_safety/preservation/hgic3471.html](http://www.clemson.edu/extension/hgic/food/food_safety/preservation/hgic3471.html)

## R Sports Drinks Needed?

**A drink that is now considered a “sports drink” is milk or fruit juice with many beneficial carbohydrates, vitamins and minerals.**

There are many choices for sports drinks to help rehydrate and keep energy high during physical activity.

But, unless you are active 60-90 minutes or are

in very hot conditions, sports drinks may not be beneficial. Water can be the drink of choice with less cost.

Hydrate before, during, and after physical activi-

ty. Don't wait until you feel thirsty. Take “hydration breaks” every 10-15 minutes to keep your body going.

Source: [www.ag.ndsu.edu/pubs/yf/foods/fn1400.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1400.pdf)

## Slice Food Safely!

Good kitchen knives are an investment. They make food preparation easier and sharp knives are actually safer than dull knives. Shopping for a good knife doesn't mean you cut into your wallet! Regular sharpening will help knives last many years.

Some simple tips can help prevent accidents from happening. Hold knives securely with fingertips away from the knife edge. Anchor cutting boards so they don't slip while cutting. Pay attention to your task and take your time. If a knife falls, just let it drop! Wash knives by themselves and keep them out of the dishwasher.

Learn more at <http://blogs.extension.iastate.edu/foodsavings/2015/10/12/knives-101/>



For more tips on teaching knife skills, see <http://bit.ly/1jAj0CW>

## Caramel Apple Safety



Last year, a foodborne illness outbreak occurred from caramel apples contaminated with *Listeria*. This was a baffling connection because of the hot caramel coating and high acid apples which should reduce the risk of *Listeria* growth.

Research conducted at the University of Wisconsin Food Research Institute recently concluded that the source of contamination was the dipping sticks inserted into the apples and storing the finished apples at room temperature. When the stick was inserted into the apple, the apple juice leaked in between the apple and caramel coating creating an ideal condition for bacteria to grow. This growth was accelerated by storing the apples at room temperature.

Therefore, keep caramel apples refrigerated, whether purchased or made at home until ready to eat them. Warm gently in the microwave just before eating to soften the coating for easier eating.



Source: <http://www.foodsafetymagazine.com/news/study-uncovers-likely-source-of-listeria-in-caramel-apples/>

## Late Season Tomatoes

As the garden season comes to an end, some tomato vines may still have tasty tomatoes for you to harvest.

If the vines have been through a frost or freeze, do not use those toma-

atoes for any type of canning. The acidity of those tomatoes has changed too much making them unsafe for canning.

The tomatoes can still be eaten fresh, cooked, or frozen for later use.

For more tips on tomatoes in the fall see [www.sedgwick.k-state.edu/gardening-lawn-care/documents/Green%20Tomatoes.pdf](http://www.sedgwick.k-state.edu/gardening-lawn-care/documents/Green%20Tomatoes.pdf).

**Leave tomatoes on the vine until they reach maturity or until a frost is forecast.**

[www.hfrr.ksu.edu/doc4395.ashx](http://www.hfrr.ksu.edu/doc4395.ashx)



[www.cdc.gov/mobile/applications/healthiq/](http://www.cdc.gov/mobile/applications/healthiq/)

## What is your Health IQ?

Challenge your Health IQ in this fun, educational health trivia app.

The game show scientist will lead you through an exciting selection of trivia questions and word scrambles. Choose from three levels of difficulty, Easy, Medium, or Hard...or be surprised by selecting a Random mix.

Race against the clock to earn more points or use hints when you are stumped. Each quiz delivers a mix of 10 questions. Answer as many of the 10 questions correctly and as quickly as possible with the hopes of earning bonuses like A+ Student, Public Health Nerd, and Einstein or score poorly and earn the Hot Mess achievement!

Play again and again as new questions will be added frequently and try to beat your highest score!!

