

# ❖ The Good News ❖

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## Janet's Notes

### Let's Talk Turkey

Need a refresher on traditional meal preparation? Here it is!

Turkey: How much should you buy and how should you prepare it.

**HOW MUCH:** The rule of thumb is 1.25 pounds for every adult. This is for bone-in whole turkeys. If you are using boneless turkey breast, prepare .75 pounds for every adult. Jennie-O has a great online calculator that allows you to enter the number of adults and children you are expecting along with anticipation of how much they will eat. Enter the numbers, make the selections, and it crunches the numbers for you. Find it at [www.jennieo.com](http://www.jennieo.com).

**HOW TO PREPARE:** Thaw safely using one of three methods.

**Refrigerator thawing** takes the longest, so plan ahead. The USDA offers these times based on weight for refrigerator thawing:

4-12 lbs. - 1 to 3 days

12-16 lbs - 3 to 4 days

16-20 lbs. - 4 to 5 days

20-24 lbs. - 5 to 6 days

**Cold water thawing** is quicker, but requires that you are attentive to time. Allow 30 minutes per pound and change the water every 30 minutes.

Cook the turkey immediately after thawing.

**Microwave thawing** - Follow the microwave oven manufacturer's instruction when defrosting a turkey. Plan to cook it immediately after thawing because some areas of the food may become warm and begin to cook during microwaving. Holding partially cooked food is not recommended because any bacteria present wouldn't have been destroyed.

Source: Geary County K-State Research and Extension News

### December Is...

Worldwide Food Service Safety Month

December 1-5 Cookie Exchange Week

December 16-24 Chanukah

December 26-Jan 1 Kwanza

- Dec. 1 Claims and Enrollments Due  
Eat a Red Apple Day
- Dec. 3 Special Kids Day
- Dec. 13 **Gingerbread Decorating Day**
- Dec. 17 National Maple Syrup Day
- Dec. 19 Oatmeal Muffin Day
- Dec. 21 First Day of Winter
- Dec. 24 Christmas Eve
- Dec. 25 **CHRISTMAS DAY!**  
(office closed)
- Dec. 31 New Year's Eve



Source: Chase's 2014 Calendar of Events and [www.holidayinsights.com](http://www.holidayinsights.com)

**Please mail your Claim on the 1st!**

**PLEASE BE SURE YOU HAVE ENOUGH POSTAGE ON YOUR ENVELOPE!!!**

**Please remember that your Claim does not come directly to our office - it may go to Kansas City or Wichita before it comes to our office. That is why it is so important to mail your claim on the 1st.**



### JC FAMILY HOME ASSOCIATION STAFF

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### APPLE TRIVIA

It is often forgotten that apples have a season due to the ready availability of them year round, but apples are harvested summer through fall. Since December 1 is Red Apple Day, here is some apple trivia to share with your families!

- Apple varieties range in size from a little larger than a cherry to as large as a grapefruit.
- Apples float because 25% of their volume is air.
- Most of the apple's fragrance cells are concentrated in the skin. As the apple ripens, the skin cells develop more aroma and flavor.
- As apples ripen, they produce a natural hormone called ethylene. This causes other fruit near it to be gin to ripen as well.
- Apples ripen 6-10 times faster at room temperature than in the refrigerator.
- Other uses for apples other than eating fresh include canned, applesauce, pie filling, apple juice, and apple cider.

Source: extension.psu.edu

### What's Cooking? USDA Mixing Bowl!

Now available, What's Cooking? USDA Mixing Bowl! This new interactive tool is designed to help educators, health professionals, community leaders, and consumers find nutritious and budget-friendly recipes. This extensive collection taps into consumer enthusiasm for recipes and promotes cooking at home as a key strategy for encouraging Americans to eat healthier meals.

The Kansas State Department of Education's Child Nutrition and Wellness team invites you to join us at a Farm to School Regional Networking and Training Workshop in your region. The agenda will feature outstanding learning and networking opportunities including: Get to Know Your Farmer and School Food Service; Food Safety; Chef Demonstrations; Applying GAPS; Procurement of Local Foods; Nutrition Education; Networking and Developing Supply Chain Relationships.

**The first 24 registrants, at each regional event, will qualify for \$100 stipends to offset travel and substitute costs.** A school lunch featuring Kansas products will be provided. Workshops are free, due to a USDA Farm to School Training and Event Planning grant. All workshops will begin at 9:00 am and conclude by 3:30 pm. Registration information is available at [www.kn-eat.org](http://www.kn-eat.org), Farm to School, Whats New.

### CPR/First Aid Training by Tina

Offering CPR/First Aid Classes to fit your schedule! **\$25 each class.** Please call for more info! I can come to you! 785-271-9662 or 785-221-3609. Certification Certificate and 2 yr certification card included!! KDHE approved!!



## HOLIDAY HEALTH AND SAFETY TIPS

The holidays offer a perfect opportunity for enjoying loved ones, celebrating life, being grateful, and reflecting on what's important. They are also a time to appreciate the gift of health. Support health and safety for yourself and your participant's by following these timeless holiday tips.

**Wash Your Hands Often** - Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash hands with soap and clean running water and cover your mouth and nose with a tissue when you cough or sneeze.

**Stay Warm** - Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers of loose-fitting, tightly woven clothing.

**Manage Stress** - The holidays don't need to take a toll on your health and pocketbook. Balance work, home and play, and get support from family and friends.

**Travel Safely** - Whether you're traveling across town or around the world, help ensure your trip is safe. Wear a seatbelt and always buckle children into their appropriate care seats.

**Be Smoke-Free** - Avoid smoking and breathing other people's smoke.

**Get Check-ups and Vaccinations** - Exams and screenings can help find potential problems early, when the chances for treatment and cure are often better. Vaccinations help prevent diseases and save lives.

**Watch the Children** - Children are at high risk for injuries. Keep a watchful eye on children when they're eating and playing. Keep potentially dangerous toys, food, household items, choking hazards, and other objects out of kids reach.

**Prevent Injuries** - Injuries can happen anywhere, and some often occur around the holidays. Use step stools instead of climbing on furniture when hanging decorations. Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees, and curtains. Install a smoke detector and carbon monoxide detector in your home. Test them once a month, and replace batteries twice a year.

**Handle and Prepare Food Safely** - As you prepare holiday meals, keep yourself and participants safe from food-related illness. Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood and eggs away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature and refrigerate properly.

**Eat Healthy, and Be Active** - With balance and moderation, you can enjoy the holidays the healthy way. Choose fresh fruit as a festive and sweet substitute to candy. Limit fats, salt, and sugary foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Help children be active for at least one hour each day.

# The Good News

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Non-Profit Organization  
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## **Thanks for the Best Choice Labels. Keep them coming.**

*The money we receive from these labels allow us to purchase Training supplies.*

### **Welcome New Providers**

Jennifer Larison	Holton
Renee Taggart	Junction City
Crystal Thompson	Junction City

Please remember to list days that school was out on your coversheet.

Please remember that we must have an enrollment for your personal children even if you do not get reimbursed for them.

Please remember to tell us what kind of infant cereal you are serving to your infants (such as rice, oatmeal, etc.).