



— LIVING WELL —

Raising Kids, Eating Right Spend Smart, Live Well

Reinvent Thanksgiving

Nothing tastes better than turkey with all the trimmings! But what about the leftovers? Turkey and dressing is only good for three or four days when stored in the refrigerator as leftovers. And, while reheating is a great option, for safety's sake, make sure it reaches an internal temperature of 165°F.

Don't feel like eating the same exact meal again? Try reinventing your Thanksgiving feast with the following:

- *Make a hearty harvest stew.* Start with leftover gravy (fat skimmed away) as the base. Make it hearty with leftover turkey and veggies. Thicken with mashed potatoes or sweet potatoes. Cook to 165°F.
- *Stack a turkey-berry wrap.* Wrap sliced turkey, spread with cranberry sauce and shredded greens in whole-wheat tortillas. Add toasted pecans if you have some.
- *Blend cranberry smoothies.* Blend cranberries with frozen yogurt and orange juice.
- *Freeze turkey stock in small amounts.* Later, thaw in the refrigerator and cook couscous, pasta, rice or soup with the stock instead of water.
- *Toss a crunchy turkey salad.* Toss cubed turkey with celery, apples and light mayo with shredded baby spinach.
- *Make a stuffing frittata.* Mix stuffing with eggs and cook through, pancake-style.



Thanksgiving LEFTOVERS



Inside this Issue

Allergy Free Holiday.....	2
Diabetes Month.....	3
Recipes.....	4
Safe Holiday Graphic	5
Upcoming Events	6-8



Tips for Allergy-Free Holidays

Winter holidays bring cheer and plenty of opportunities for festive eating. While common food allergens lurk in many traditional dishes served at Thanksgiving, Hanukkah, Christmas and Kwanzaa celebrations, a little preparation and planning can help you — whether you're a parent of a child with food allergies or hosting guests with food allergies — glide through the holidays safely.

Whether you're eating close to home or traveling to grandma's house, these eight tips will help you navigate food allergies safely and healthfully this holiday season.

Tips for Avoiding Food Allergens at Home

- **Host at Your Home** Because you are in control of what is served, this can be the safest option when managing food allergies. You may choose to prepare only "safe" foods and let guests know what they can and cannot bring into the house. If you do have foods containing allergens, designate separate areas for these foods to be served to help prevent cross-contact.
- **Focus on Whole, Unprocessed Foods** While cooking from scratch may seem like more work, it helps ensure food and prep areas are free from food allergens. You might even find that you save time in the long run because you don't have to scour every ingredient list.
- **Modify Traditional Recipes Using Allergen-Free Ingredients** Once you know a few simple swaps, you may realize just how easy it is to modify your recipes. Focus on similar items when considering swaps, like non-dairy milk for cow's milk (or vice-versa), or naturally gluten-free grains for wheat. Eggs in recipes often can be substituted with ground, rehydrated flax or chia seeds.
- **Always Read All Ingredient Labels** Even if you think a product is allergen-free, read the label. Food manufacturers change formulas, which may introduce allergens into previously "safe" foods and beverages.
- **Keep it Clean** Prevent cross-contact and cross-contamination by encouraging frequent hand washing.

Tips for Avoiding Food Allergens Away from Home

- **Offer to Help the Host** If you help plan the menu or shop for ingredients, you can choose items you know are safe. If you cook, you can help ensure that dishes are prepared without allergens. And, don't hesitate to ask your host to save labels from products to reference and provide you peace of mind.
- **Bring Snacks and Desserts** If helping ahead of time is out of the question, bring a few allergen-free options. Bring allergen-free snacks and desserts, since baked goods feature common allergens such as wheat, dairy, eggs, nuts and soy. Pack snacks such as fresh fruit with sunflower butter packets; carrots with hummus; popcorn; and homemade trail mix with rice cereal, seeds and chocolate chips. For easy festive desserts, melt chocolate chips as a dip for dried apricots or allergen-free cookies, or bake apples sprinkled with cinnamon and brown sugar and topped with allergen-free whipped topping.
- **Communication is Key** If a host is unfamiliar with how to handle food allergies, they might fall victim to the 'a little bit won't hurt' mindset. Communicate at the start that a little bit can hurt, and that you'd be more than happy to help with shopping or prep so that the host can feel comfortable and you can feel confident in the foods served.

November is National Diabetes Month

November is National Diabetes Month. In the last 20 years, the number of adults diagnosed with diabetes has more than doubled. People who have diabetes are at higher risk of serious health complications. The medical costs for people with diabetes are more than twice as high as for people without diabetes.

Diabetes is a chronic health condition that if not controlled can lead to several complications. Type II diabetes is characterized by high blood sugar or glucose. When a person has diabetes, the body either does not make enough insulin or is unable to use its own insulin well. If blood sugar builds up in the body and its levels are not controlled, it can lead to serious complications including heart disease, kidney disease and blindness.

There are three main types of diabetes. Type 1, Type 2 and gestational diabetes.

- **Type 1 Diabetes** your body does not make insulin. It is thought to be an autoimmune reaction and can be diagnosed at any age and symptoms develop quickly. If you have type 1 diabetes, you will need to take insulin every day to survive. About 5 to 10 percent of people who have diabetes have type 1.
- **Type 2 diabetes**, your body doesn't use insulin well and can't keep blood sugar at normal levels. About 90 to 95 percent of people have type 2. It develops over many years and is usually diagnosed in adults, but more children and teens are being diagnosed. You may not notice the symptoms. So, it is important to get your blood sugar tested if you are at risk. Type 2 diabetes can be prevented or delayed with healthy lifestyle changes such as losing weight, eating healthy food and being active.
- **Gestational diabetes** develops in pregnant women who have never had diabetes. If you have this type of diabetes, your baby could be at higher risks for health problems. It does go away after your baby is born. However, it increases your risk for type 2 diabetes.

More than 96 million adults in the United States have prediabetes. With prediabetes, blood sugars are higher than normal, but not high enough for a type 2 diabetes diagnosis. Prediabetes raises your risk for type 2 diabetes, heart disease and stroke. With lifestyle changes, you can take steps to reverse it.

Why often you may not have symptoms for diabetes. There are some signs, and you should check with your health care provider. These include increased thirst, frequent urination, fatigue, blurred vision, slow healing sores, unintended weight loss, tingling, pain, numbness in hands and feet. American Diabetes Association target rates for blood sugar are as follows. Your doctor's targets for you may differ. Before meals: 80 to 130 mg/dl. One to two hours after meals: below 180 mg/dl. A1C test, which is the average blood sugar over 2 to 3 months. It should be less than 6.5 percent. Less than 5.7 is normal. A diabetes diagnosis is a fasting blood sugar of 126 mg/dl or higher or an A1C higher than 6.5 percent.

You can find out your risks for developing type 2 diabetes by taking the quiz from the American Diabetes Association.

<https://diabetes.org/diabetes-risk-test>



Sweet Potato Cheesecake

Make this delicious and creamy cheesecake full of fall spice flavor for your next holiday celebration.

Makes 14 servings.

1 cup gingersnaps (finely crumbed, or graham crackers)	3 tablespoons butter (unsalted, melted)
8 ounces cream cheese (light, softened)	1 cup sweet potatoes (mashed, peeled and cooked)
1/3 cup sugar	1 teaspoon orange peel (finely shredded)
1 1/2 teaspoons pumpkin pie spice	5 egg whites
1 teaspoon vanilla	
1 cup milk (evaporated, reduced fat 2%)	

Crust:

Combine crumbs and butter. Press mixture into bottom and 1 inch up sides of an 8 inch spring form pan. Set aside

Filling:

In a large mixing bowl, beat cream cheese, sweet potatoes, egg white, sugar, pumpkin pie spice, orange peel and the vanilla until combined. DO NOT OVER BEAT.

Stir in milk. Carefully pour into prepared pan.

Bake at 350 degrees for 60-70 minutes until center appears set.

Cool on wire rack for 45 minutes. Cover and chill thoroughly.

Remove sides of pan.

Garnish with dessert topping and orange peel.

For nutrition information, please visit [Sweet Potato Cheesecake](#) at USDA's MyPlate Kitchen.

Sweet Potato and Apple Bake

Enjoy the taste of the season with the combination of sweet potatoes and apples in this delicious side dish. Serve with roasted chicken or turkey, and a large green salad.

Ingredients

3 1/2 cups sweet potatoes, drained (save 2 Tablespoons of the liquid)

2 cups apples (peeled, cored and cut into bite-sized pieces)

6 teaspoons brown sugar (2 Tablespoons, packed)

1/3 cup chopped nuts (pecans, walnuts or any other type)

2 tablespoons flour

2 tablespoons butter, melted (unsalted)

Directions

Wash hands with soap and water.

Preheat oven to 350°F.

Put sweet potatoes in baking dish.

Add apples.

Pour 2 Tablespoons of the sweet potato liquid over the mixture.

Mix brown sugar, nuts, flour, and melted butter together in a small bowl.

Sprinkle over the top of the sweet potato/apple mix.

Bake for 20-30 minutes, until the top is golden brown and bubbly.

Notes—Granny Smith apples tend to work best in this recipe.

Source: *Eating Smart, Being Active* Colorado State University and University of California at Davis

A Safe Holiday Meal



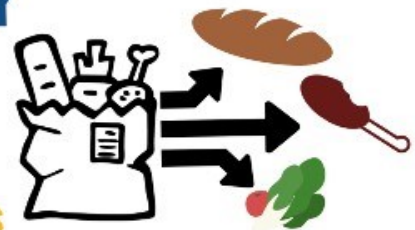
Follow these simple steps to ensure a **SAFE** holiday meal

SHOP SAFELY

Keep fresh fruits and vegetables **separate** from raw meat and poultry



Store perishable foods quickly: within **30 minutes**



PREPARE SAFELY

WASH HANDS, SURFACES, AND UTENSILS *between* EACH FOOD-PREP STEP

A FOOD THERMOMETER IS THE ONLY WAY TO KNOW THAT MEAT HAS BEEN COOKED TO A SAFE TEMPERATURE!



STORE SAFELY

Store leftovers in shallow containers for faster cooling

EAT or STORE 2 hours (cooked foods within **2 hours**) & eat the leftovers within **3** days



REHEAT LEFTOVERS TO 165°F!



TEXAS A&M AGRILIFE EXTENSION Distributed by the Texas A&M AgriLife Extension Service

Adapted from www.holidayfoodsafety.org

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information or veteran status.

Upcoming Events

Home for the Holidays

A delightful program of Holiday tips and ideas to get you into that Holiday Spirit!

TEXAS A&M
AGRI LIFE
EXTENSION

November 28, 2023

Central Christian Church Fellowship Hall
1602 South Main Street, Weatherford

10:00 a.m. – 2:00 p.m.

Interactive Stations:

Cookie Decorating

Informational Presentations

Cooking Demonstrations

Bingo Room

Also: 20 Vendors selling items for your Christmas shopping,
Entertainment, Raffles, Door Prizes, Silent Auction, Coffee & Donuts

Entry Fee:
\$5.00 per person
Brown Bag Lunch: \$5.00
Lunch will be served at
your convenience

Tickets are available from:
Our Club Members
and the Parker County
Extension office located at
604 North Main, Suite 200
Or at the door.

For Info: 817-598-6168

Educational programs of Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin.
The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.



Christmas Candy

MAKING WORKSHOP

Learn to make several different
Christmas Candies and Take some
of each home

Tuesday, December 12, 2023

6:00 - 8:00 p.m.

Parker County Extension Office

\$20.00 to register

Please call: 817-598-6168

TEXAS A&M
AGRILIFE
EXTENSION



TEXAS A&M
AGRILIFE
EXTENSION

Tai Chi for Arthritis

Mondays and Wednesdays

10:00 - 11:00 a.m.

March 4 - May 1, 2024

{Parker County Extension Office}

The class is for beginners and teaches the basic elements of Tai Chi, helping with coordination, balance, flexibility and more.

For more information or To register contact
Kathy Smith at 817-598-6168.

Space is limited.



**Texas A&M AgriLife Extension is an equal opportunity
employer and program provider**

TEXAS A&M
AGRILIFE
EXTENSION

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

*The Texas A&M University System, U.S. Department of Agriculture,
and the County Commissioners Courts of Texas Cooperating*