

NOVEMBER 2023

healthy families

FAMILY & COMMUNITY HEALTH NEWSLETTER
TEXAS A&M AGRILIFE EXTENSION - HALE COUNTY

♥
Hello
November

WELCOME FRIENDS!

November is here, and I don't know how it got here so quickly! I hope this holiday season is full of your favorite things, whether that is spending time with family or making a favorite holiday recipe. In this issue, check out the healthy version of pumpkin cheesecake and safety tips for cooking a turkey.

It is easy to get stressed and worn down during the holidays. Fight that trend by adding in exercise, a good night's sleep, and plenty of water to your day. You won't regret taking care of yourself. Enjoy!

COMPANY ON THEIR WAY? TRY A SIMMER POT!

As the holiday season ramps up, so do visits from family and friends. Although candles are a nice "go-to" for making your house smell fresh, a simmer pot can do the same job with a more natural scent. Wondering how to make it happen? Read below!

- Begin by choosing a saucepan or slow cooker to heat water in. Use two to four cups of water depending on your pan.
- Next, bring water to boil.
- Step three is adding your simmer pot ingredients. You can use a recipe or choose ingredients you have in your home.

Fall Mix: apple slices, oranges, cinnamon sticks, cloves, ginger, cranberries, nutmeg, vanilla,

Lemon & Orange:

- Peel from 1 lemon (or lemon slices)
- Peel from 1 orange (or orange slices)
- 2 bay leaves
- 3 cinnamon sticks
- 2 tablespoons whole cloves

Creamsicle Simmer Pot

- A few drops vanilla extract
- Orange peels or orange slices

Citrus Spice Delight

- 2 sliced lemons
- 2 sprigs of mint
- 2 sprigs of thyme
- 2 cinnamon sticks
- 4 cups of water



Check out the link below for more simmer pot recipes!

<https://www.tasteofhome.com/article/simmer-pot-recipes/>

THIS SEASON'S SPECIALTIES

DESSERT RECIPE

Did you sign up to bring a pumpkin pie to family Thanksgiving, but completely forgot until you are about to leave? Then try out this quick recipe:

<https://dinnertonight.tamu.edu/recipe/pumpkin-cheesecake-no-bake/>



Pumpkin Cheesecake No Bake

Servings: 8

Ingredients

Crust

- 1 cup [graham cracker crumbs](#) plain
- 2 Tablespoons [butter](#) unsalted, melted

Cheesecake

- 8 ounces [whipped topping](#) fat-free, thawed
- 8 ounces [cream cheese](#) fat-free
- 1 cup [vanilla Greek yogurt](#) nonfat
- 1-ounce [Cheesecake Instant Pudding Mix](#) fat-free, sugar-free
- 3/4 cup [pumpkin puree](#)
- 1/2 teaspoon [Pumpkin Pie Spice Blend](#)
- 1/2 teaspoon [ground cinnamon](#)
- 1 teaspoon [vanilla extract](#)

Instructions

1. Clean and prep baking area.
2. Add melted butter to graham cracker crumbs and mix until well combined.
3. Transfer buttered graham cracker crumbs into a pie dish or Springform baking pan and press them tightly into the bottom of the pan. Place pan into the refrigerator for 10-15 minutes to chill.
4. In a large bowl, add whipped topping, cream cheese, and Greek yogurt and mix until well combined using a handheld mixer.
5. Add the instant pudding mix to the bowl and mix until smooth. Add in pumpkin puree, pumpkin pie spice, cinnamon, and vanilla extract, and continue to mix until well combined.
6. Remove pie pan from refrigerator and place mixture on top of crust. Ensure the mixture is evenly distributed.
7. Place pie in the refrigerator for 2 to 3 hours or freezer for 30 minutes to 1 hour.
8. *Consistency of pie mixture will depend on time refrigerated or frozen*
9. Serve and enjoy!

Nutrition Facts

8 servings per container
Serving size 1 slice (131g)

Amount per serving
Calories **200**

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 420mg 18%

Total Carbohydrate 30g 11%

Dietary Fiber 1g 4%

Total Sugars 12g

Includes 2g Added Sugars 4%

Protein 8g

Vitamin D 0mcg 0%

Calcium 153mg 10%

Iron 1mg 6%

Potassium 142mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

T H A N K F U L

WANT TO CHANGE UP YOUR SIDE DISHES THIS YEAR AT THANKSGIVING? THEN TRY OUT THESE NUTRITIOUS AND YUMMY RECIPES!

BUTTERNUT SQUASH MAC N CHEESE

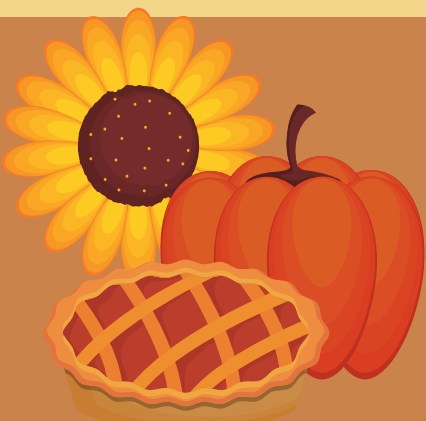
[HTTPS://DINNERTONIGHT.TAMU.EDU/RECIPE/BUTTERNUT-SQUASH-MAC-N-CHEESE/](https://dinnertonight.tamu.edu/recipe/butternut-squash-mac-n-cheese/)

SWEET POTATO CASSEROLE

[HTTPS://DINNERTONIGHT.TAMU.EDU/RECIPE/SWEET-POTATO-CASSEROLE/](https://dinnertonight.tamu.edu/recipe/sweet-potato-casserole/)

PUMPKIN HUMMUS

[HTTPS://DINNERTONIGHT.TAMU.EDU/RECIPE/PUMPKIN-HUMMUS/](https://dinnertonight.tamu.edu/recipe/pumpkin-hummus/)



THANKSGIVING ACTIVITIES TO KEEP THE KIDS BUSY

IT IS TOUGH TO KEEP THE KIDS BUSY WHILE THE ADULTS VISIT AND / OR COOK FOR THE BIG DAY! CHECK OUT THESE IDEAS BELOW. YOU NEVER KNOW, ONE MIGHT BECOME A FAMILY TRADITION!

Butcher Paper for Table Decor

Embrace the butcher paper! It evokes a rustic feel, doubles as a coloring surface, and makes for quick cleanup. You can also add an “I’m thankful for” fill-in-the-blank activity at each place setting and bundle colored pencils with the napkin topping each place setting! Butcher paper can be found at your local hardware or painting supply store!

Coloring Sheets

Try a coloring sheet that serves as one-part placemat, one-part coloring sheet, and one-part thoughtful gratitude activity. Here is a link to some ideas for this: <https://www.thirtyhandmadedays.com/updated-thanksgiving-printable/>

Word Searches

Another fun activity for adults and kids, is a word search. Click on the link below for some fun Thanksgiving ones, you can download. Also found at this site, is fun ideas for creating a “kid’s table”.

<https://sugarandcharm.com/tips-for-creating-the-perfect-thanksgiving-kids-table>



LIKE THESE IDEAS? HERE IS THE WEBSITE WITH MORE!

[HTTPS://WWW.COUNTRYLIVING.COM/ENTERTAINING/G1201/THANKSGIVING-KIDS-TABLE-IDEAS/](https://www.countryliving.com/entertaining/g1201/thanksgiving-kids-table-ideas/)

TURKEY SAFETY

If you are like my family, the turkey is the main event of Thanksgiving! Although, it can be difficult to cook at times. It can be too dry, won't cook all the way through, or many other problems. Follow these steps to ensure you have the PERFECT turkey this year!

1. Store Turkey Properly - Raw turkey should be stored in the freezer until it is time to thaw. The number of days for thawing in the refrigerator depends on how much your turkey weighs. Allow one day for each 4-5 pounds of weight.
2. Prevent the spread of germs -
 - Wash your hands with soap and water for 20 seconds.
 - Use a separate cutting board for raw turkey.
 - Never place cooked food or fresh produce on the same board the turkey touched.
 - Do not wash or rinse raw turkey. It can make you and your family sick.
3. Cook Stuffing Thoroughly - If you put stuffing inside your turkey, it is safer to cook the stuffing in a casserole dish. If you do still want to stuff your turkey, then wait until right before cooking the turkey to add the stuffing. Use a food thermometer to ensure the stuffing reaches 165 degrees.
4. Cook Turkey Thoroughly - When cooking a turkey in the oven, set the temperature to at least 325 degrees. Cook time depends on the weight of your turkey. Ensure the internal temperature of the turkey reaches 165 degrees. Let the turkey stand for at least 20 minutes before carving it.
5. Storing Leftovers - Refrigerate leftovers within 2 hours of serving. Doing so will prevent food poisoning. Cut the turkey into smaller pieces to ensure everything cools sufficiently.

To read more in-depth information about turkey safety, visit:
<https://www.foodsafety.gov/blog/preparing-your-holiday-turkey-safely#:~:text=Cook%20Turkey%20Thoroughly&text=Use%20a%20food%20thermometer%20to%20make%20sure%20the%20turkey%20has,breast%2C%20high%2C%20and%20wing.>

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