

# Gifts from your Kitchen

Share the holiday spirit with family and friends!

- \* **Holiday Snack Jar.** Fill a clear, covered container with healthy snacks. Fill with low fat snack bars, granola bars, small boxes of raisins and other dry fruits, small bags of peanuts and other nuts.
- \* **Cookbooks.** Give a cookbook with healthy, quick and easy recipes. Create your own cookbook. Write your favorite recipes in a small journal. Select favorite recipes from your childhood. Ask family members for their favorite recipes.
- \* **Hot Cocoa Basket.** Fill a basket with hot cocoa mixes, small marshmallows and a couple festive cups. Include a couple peppermint candy sticks for stirring.



- \* **Pasta Basket.** Fill a basket with fancy pastas, pasta sauces, cheese, breadsticks or a loaf of Italian bread. Line the basket with a pretty kitchen towel. Decorate with holiday ribbon.
- \* **Garden Gift.** Fill a watering can with a pair of garden gloves, garden tools and packets of seeds for your favorite gardener. Include a cookbook with recipes using fresh fruits and vegetables.
- \* **Mexican Basket.** Fill a basket with tortillas, salsa, cans of refried beans and other favorite Mexican foods. Include a recipe for your favorite Mexican dish.
- \* **Holiday Chex Mix.** Fill an airtight container with homemade Holiday Chex Mix. Tie a festive holiday ribbon on the jar and deliver!



## WHAT'S NEW IN NUTRITION?

The Burnett County Nutrition Education Program's Food and Resource Update

## HOLIDAY SEASON FOOD SAFETY TIPS



UW-Extension, in cooperation with the University of Wisconsin, USDA & Wisconsin Counties, provides equal opportunities in employment and programming, including Title IX and American with Disabilities (ADA) requirements. WNEP education is supported by the USDA Food Stamp Program, UW-Extension, and local partners. Food stamps can help provide a healthy diet. To find out more about food stamps, call 715-349-7600.

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**UNWRAP THE GIFT OF HOME  
FOOD SAFETY  
THIS HOLIDAY SEASON**

It's time to relish the flavors of your favorite holiday meal. But before you serve it to your family and friends, are you sure it's safe to eat?

According to new statistics released by the federal government, 76 million Americans are sickened each year from food poisoning. Mishandling of food at home contributes to this number. So as you take out the china and gather your loved ones for that special celebration, make sure these tips are on your holiday "to do" list.

**1. Wash Hands Often**

Wash hands often and thoroughly in warm, soapy water before, during, and after meal preparation. Bring cheer to hand washing—sing your favorite holiday song for 20 seconds while you lather up.

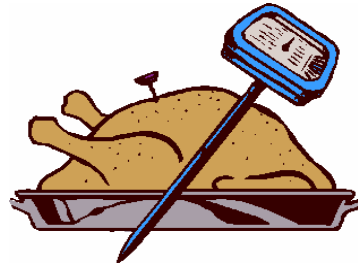


**2. Keep Raw Meats and Ready-to-Eat Foods Separate**

Deck your kitchen with two festively colored cutting boards: one strictly for raw meats and the other for ready-to-eat foods.

**3. Cook to Proper Temperatures**

Take the guesswork out of cooking your bird or roast by using a meat thermometer. Harmful bacteria are destroyed when food is cooked to proper temperatures. A meat thermometer is the only reliable way to check the doneness of cooked foods.



**4. Refrigerate Promptly Below 40 Degrees F**

Before you relax and savor the success of your wintertime spread, refrigerate perishable foods quickly and store them at the proper temperature to slow bacteria growth and prevent food-borne illness. Also, make sure your refrigerator is set at 40 degrees F or below.

**Joy to the Leftovers**

Holiday meals often bring leftovers. Follow these tips to make sure you don't get sick the second time around:

- \* Separate leftovers into shallow containers (2 inches or less).
- \* Refrigerate/freeze leftovers within two hours of cooking the food.
- \* Reheat leftovers to 165 degrees F.
- \* When in doubt, throw it out!



**Dreaming of a Tasty Feast**

Make sure to use your meat thermometer properly.

- \* Red meats, roasts, chops and poultry pieces: Insert in center of the thickest part—away from bone, fat, and gristle.
- \* Poultry (whole bird): insert in inner thigh area near the breast, but not touching bone.
- \* Egg dishes and casseroles: insert in center or thickest area of the dish.