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**Holiday Calendar Closing**

January 1, 2018 New Year's Day

January 15, 2018 Martin Luther King Jr Day



**HEATING YOUR HOME:**

**Safety Tips**

**1) Do Not Plug Heaters  
into Extension Cords**

Heaters use a lot of energy  
so it could short circuit  
the electrical outlet

**2) Keep Flammable Items  
at Least 3 Ft From Heaters**

Items include: clothing,  
rugs, bedding and curtains

**3) Do Not Leave  
Heater Unattended**



**Heating Safety: Propane & CO2**

How to recognize the smell of propane? It has a strong, unpleasant smell like rotten eggs, a skunk's spray, or a dead animal. Propane manufacturers add the smell deliberately to help alert customers to propane leaks, which can create a safety hazard.. Never ignore the smell of propane, even if no detector is sounding an alarm to signal the presence of propane. However, if a detector is sounding an alarm, treat it as an emergency and act immediately, even if you do not smell the propane.

What about Carbon Monoxide? (CO) is a colorless, odorless, tasteless, and toxic gas. Smoking a cigarette; idling a gasoline engine; and burning fuel oil, wood, kerosene, natural gas, and propane all produce CO. High levels of CO can be produced when fuels are burned incompletely. CO can be generated by appliances that are defective or improperly installed or maintained. CO can also enter a home if an appliance venting system or chimney becomes blocked (for example, by a bird's nest).

**TO HELP REDUCE THE RISK OF CO POISONING:**

- Have a qualified service technician check your propane appliances and venting systems annually, preferably before the heating season begins.
- Install UL-listed CO detectors on every level of your home.
- Never use a gas oven or range-top burners to provide heating
- If you or a family member shows physical symptoms of CO poisoning, get everyone out of the building and call 911 or your local fire department.
- If it is safe to do so, open windows to allow entry of fresh air

# What's Cooking in Gale's Kitchen?

## Turkey Chili

### Items Need

- ◆ 1-2 T. olive oil
- ◆ 1 pound ground turkey breast
- ◆ 3 T. chili powder
- ◆ 1 T. McCormick grill seasoning, like Montreal steak seasoning
- ◆ 1 T. ground cumin
- ◆ 2 T. Worcestershire sauce
- ◆ 1 large onion, chopped
- ◆ 2 peppers, any color, diced
- ◆ ¾ cup beer
- ◆ 28 oz can tomato puree
- ◆ ½ cup smoky bar-b-q sauce
- ◆ 1 cup frozen corn kernels
- ◆ 1 can red kidney beans, drained
- ◆ ¼ cup chopped cilantro



### Instructions

Heat a large pot over medium heat and add oil, ground turkey. Add seasonings (up to the hot sauce on list). Break up meat with wooden spoon into small crumbles. Brown for 5 minutes.

Add spices, onion and peppers, cook 10 minutes.

Add beer, deglaze pan, cook off alcohol.

Add tomato puree, bar-b-q sauce, corn, beans and bring chili to boil. Reduce heat and simmer for 10 minutes.

Remove from heat, add cilantro, stir.

Eat over brown rice.



# Getting Real About Cereal

Cereal has been a mainstay in the morning for decades – and for good reason. Ready-to-eat cereals meet consumers’ wants and needs in a nutrient-dense, convenient and affordable way.



**50¢**

**Average cost of a serving of cereal and milk**

With so many options at breakfast, cereal can be overlooked as a great choice. Yet there are so many reasons to take another look at cereal:

- Cereal eaters tend to consume less fat, less cholesterol and more fiber than non-cereal eaters<sup>1</sup>
- Ready-to-eat cereal is a leading source of 10 nutrients in U.S. children’s diets<sup>2</sup>
- Adults, children and adolescents who eat cereal tend to weigh less or have a lower BMI (body mass index) than those who do not eat cereal or skip breakfast<sup>3-5</sup>
- A cereal and milk breakfast can provide calcium, vitamin D, fiber and potassium – four nutrients most likely to be lacking in the American diet<sup>6</sup>
- Cereal is the leading whole grain source for Americans, including children<sup>7</sup>
- Regular cereal eaters tend to have higher milk intakes<sup>8-10</sup>
- It is quick and easy to prepare and eat; one of the most convenient ways to get the benefits of a healthy breakfast



**9 out of 10** adults fail to get enough fiber. Kellogg’s has more than 30 varieties of cereal that are a good source of fiber

## Cereal offers an ideal calorie/nutrient ratio

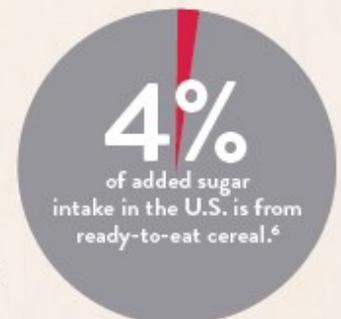
For relatively few calories\*, a cereal breakfast packs in a lot of nutrients.



## The realities of sugar

Ready-to-eat cereals provide only a small proportion of the average person’s daily intake of sugars.

There’s a range of added sugar in Kellogg’s cereals to meet consumers’ wants, and we’re committed to further reducing added sugars and artificial ingredients in our cereals, having already surpassed goals for 2020.



**Evaluate sugar by the company it keeps.**

\*Average serving of Kellogg’s cereal, other nutrition data from leading manufacturers