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Office Closing In November

November 27—Office Closed at 1:00 pm

November 28 –29 —Office is Closed

December Food Pantry Schedule

Monday, December 2nd..... 5:00 pm—8:00 pm
 Tuesday, December 3rd..... 10:00 am—1:00 pm
 Monday, December 9th 5:00 pm—8:00 pm
 Tuesday, December 10th.... 10:00 am—1:00 pm



AMERICAN ACADEMY OF
DERMATOLOGY | ASSOCIATION

NATIONAL HEALTHY SKIN MONTH

JFCS will launch a mobile food truck around mid-January to bring the resources of our pantry on the road. At each location, we will park our truck and distribute groceries to those who need them.

Be on the lookout for more information in a few months.

APPOINTMENT REMINDER

In order for us to ensure that we are able serve all of our clients, we ask that you keep your appointment for your next pantry visit. If you need to change your pantry day, please call us at 609-987-8100 ext. 237. Thank you!

Your next appointment is:

Skin health is essential to overall health. The skin is the largest organ of the body and plays an important role in protecting it. The skin holds in body fluids, prevents dehydration and keeps out harmful germs. It's important to keep your skin healthy to prevent sickness or damage to the bones, muscles and internal organs.

See page four for healthy skin tips.

What's Cooking?!

Healthy Candied Yams

Yams are nutrient-dense tuber vegetables that come in many colors. They're a great source of fiber, potassium, manganese, copper, and antioxidants.

Ingredients

- 1 1/2 cup yams
- 1/4 cup brown sugar (packed)
- 1 teaspoon flour (sifted)
- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon (ground)
- 1/4 teaspoon orange peel
- 1 teaspoon margarine, tub (soft, unsalted)
- 1/2 cup orange juice

Instructions

1. Preheat oven to 350 degrees Fahrenheit.
2. Cut yams in half and boil until tender, but firm (about 20 minutes). When cool enough to handle, peel and slice into 1/4-inch thickness.
3. Combine sugar, flour, salt, cinnamon, nutmeg, and grated orange peel.
4. Place half of sliced yams in medium-sized casserole dish. Sprinkle with spiced sugar mixture.
5. Dot with half the amount of margarine.
6. Add second layer of yams, using the rest of the ingredients in the order above. Add orange juice.
7. Bake uncovered for 20 minutes.



Nutrition Facts

Serving Size 1/4 Cup (66g)		Servings Per Container 6	
Amount Per Serving			
Calories 90	Calories from Fat 5		
% Daily Value*			
Total Fat 1g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 100mg			4%
Total Carbohydrate 21g			7%
Dietary Fiber 1g			4%
Sugars 11g			
Protein 1g			
Vitamin A 2%		Vitamin C 25%	
Calcium 2%		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Source

US Department of Health and Human Services
National Institutes of Health
National Heart, Lung and Blood Institute, Heart Healthy Home
Cooking: African American Style.



LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:



*For more information about each type of turkey, visit fsis.usda.gov.

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:



Refrigerator:
Safe to store the turkey for another 1 – 2 days in the refrigerator.
This is the USDA recommended thawing method.

How to thaw:
Allow approximately 24 hrs. for every 4-5lbs of bird.

Cold water:
Cook immediately after thawing.

How to thaw:
Submerge the bird in cold water & change every 30 mins.



Microwave:
Cook immediately after thawing.



How to thaw:
Use defrost function based on weight

For more information on safe thawing methods, visit fsis.usda.gov

DID YOU KNOW?



It's safe to cook a frozen turkey though cooking time will be 50% longer!

Clean

Wash your hands for 20 seconds with soap and warm water.

Utensils
Plates
Countertops
Cutting boards

SHOULD ALSO BE WASHED

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

SO DON'T WASH YOUR TURKEY!!

SEPARATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.

- Thickest part of breast
- Innermost part of wing
- Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge 3-4 days

Safe frozen, but use within 2-6 months for best quality.

Last day Thanksgiving leftovers are safe from the fridge.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:
Visit foodsafety.gov

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskKaren.gov. Visit PregunteleaKaren.gov for questions in Spanish.



TIPS FOR NATIONAL HEALTHY SKIN MONTH

YOUR SKIN IS YOUR BODY'S LARGEST ORGAN, SO IT'S IMPORTANT TO TAKE GOOD CARE OF IT.

Keep your skin in good shape during National Healthy Skin Month in November — and all year-round — by following these **TIPS** from the American Academy of Dermatology.



WASH YOUR FACE EVERY DAY and after exercising. Use a mild cleanser and lukewarm water.



USE AN ANTIPERSPIRANT, rather than a deodorant, to reduce sweating.



DETERMINE YOUR SKIN TYPE — oily, dry, combination, normal or sensitive — and choose skin care products tailored to that type.



EXAMINE YOUR SKIN regularly for signs of skin cancer. Look for new or unusual spots, as well as anything changing, itching or bleeding.



PROTECT YOUR SKIN from the sun by seeking shade, wearing protective clothing and using a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher.



CONSIDER USING PETROLEUM JELLY to treat minor injuries and moisturize dry skin and nails.



PREVENT BLISTERS AND CORNS on your feet by making sure your shoes fit properly. Wear nylon or moisture-wicking socks, and keep your toenails trimmed.



MOISTURIZE DAILY. Apply lotion or cream while your skin is still damp from bathing to lock in moisture and get the best results.

If you notice anything suspicious on your skin or if you have a question about skin care, see a board-certified dermatologist.

Visit aad.org to get more skin care tips and find a board-certified dermatologist near you.

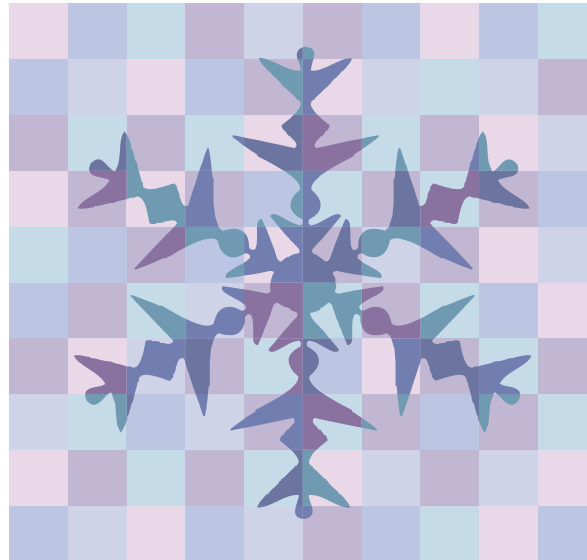


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Fall & Winter Energy SAVING Tips!

The strategies below will help you save energy, save money, and stay comfortable during the cool fall and cold winter months. Some of the tips below are free and can be used on a daily basis to increase your savings; others are simple and inexpensive actions you can take to ensure maximum savings through the winter.

If you haven't already, conduct an energy audit to find out where you can save the most, and consider making a larger investment for long-term energy savings.



Take Advantage of Heat from the Sun

Open curtains on your south-facing windows during the day to allow sunlight to naturally heat your home, and close them at night to reduce the chill you may feel from cold windows.

Cover Drafty Windows

Use a heavy-duty, clear plastic sheet on a frame or tape clear plastic film to the inside of your window frames during the cold winter months. Make sure the plastic is sealed tightly to the frame to help reduce infiltration.

Install tight-fitting, insulating drapes or shades on windows that feel drafty after weatherizing.

Adjust the Temperature

When you are home and awake, set your thermostat as low as is comfortable.

When you are asleep or out of the house, turn your thermostat back 10° to 15° for eight hours and save around 10% a year on your heating and cooling bills. A smart or programmable thermostat can make it easy to set back your temperature.

If you have a heat pump, maintain a moderate setting or use a programmable thermostat specially designed for use with heat pumps.

Find and Seal Leaks

Seal the air leaks around utility cut-throughs for pipes ("plumbing penetrations"), gaps around chimneys and recessed lights in insulated ceilings, and unfinished spaces behind cupboards and closets.

Add caulk or weatherstripping to seal air leaks around leaky doors and windows.

Maintain Your Heating Systems

Schedule service for your heating system.

Furnaces and heat pumps: Replace your filter once a month or as needed.

Wood- and Pellet-Burning Heaters: Clean the flue regularly and clean the inside of the appliance with a wire brush periodically to ensure that your home is heated efficiently. .

Reduce Heat Loss from the Fireplace

Keep your fireplace damper closed unless a fire is burning. Keeping the damper open is like keeping a window wide open during the winter; it allows warm air to go right up the chimney.

When you use the fireplace, reduce heat loss by opening dampers in the bottom of the firebox (if provided) or open the nearest window slightly--approximately 1 inch--and close doors leading into the room. Lower the thermostat setting to between 50° and 55°F.

If you never use your fireplace, plug and seal the chimney flue.

If you do use the fireplace, install tempered glass doors and a heat-air exchange system that blows warmed air back into the room.

Check the seal on the fireplace flue damper and make it as snug as possible.

Purchase grates made of C-shaped metal tubes to draw cool room air into the fireplace and circulate warm air back into the room.

Add caulking around the fireplace hearth.

Lower Your Water Heating Costs

Turn down the temperature of your water heater to the warm setting (120°F). You'll not only save energy, you'll avoid scalding your hands.

<https://www.energy.gov/energysaver/fall-and-winter-energy-saving-tips>