

Washington State University Extension engages people, organizations and communities to advance economic well-being and quality of life by connecting them to the knowledge base of the university and by fostering inquiry learning, and the application of research.

## **World Class. Face to Face.**

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# Skagit County

WASHINGTON STATE UNIVERSITY  
EXTENSION

## **Ideas for Healthy Living**

Providing interactive learning experiences in Skagit County

NEWSLETTER

November / December 2016

## **Dine In on December 3rd**

Looking for a way to balance costs with healthier eating, share laughter, and start a tradition with your family? "Dining In" can be a great strategy! Research has shown that when families eat together, they eat better—there is fulfillment in sharing a meal together. This is due to increased communication among family members, which can help to reduce isolation and improve youth wellbeing.

Additionally, meals tend to be more nutritious when prepared at home and made with a wide variety of fruits and vegetables. Many organizations including The American Heart Association, American Academy of Pediatrics, and National Center on Addiction and Substance Abuse at Columbia University, strongly advocate that families eat together in order to promote better health all around. Family mealtime helps to promote increased knowledge in food planning, budgeting, and preparation of food.



In addition, family members can foster closer bonds and build improve relationships and communication. On December 3, celebrate by making a healthy dinner and dining together.

WSU Skagit Extension offers a free series called "Eat Together, Eat Better" which focuses on building family resiliency and improving health through shared meals. Please contact [j.bryan-goforth@wsu.edu](mailto:j.bryan-goforth@wsu.edu) for more information on this great class series.

December 3rd is "Dine In" Day! Check out the link for more information on this great event! <http://www.aafcs.org/FCSday/commitment.html> Sign up online and join us in preparing a healthy meal with your family as we "Dine In" for family health and resiliency!

## **"Dine In" With Us!**

[www.aafcs.org/FCSday](http://www.aafcs.org/FCSday)

#FCSday #healthyfamselfie





## Low Cost or Free Activities for the Winter Season

November and December can take a toll on finances. In our area, there are wonderful activities for individuals and families and many of them are free or low cost. Start a new household tradition and meet new friends by attending a seasonal event in Skagit!



- \* **November 4th Skagit Valley Gardens 18th Annual Holiday Open House**. Beautifully Decorated Theme Trees, 1000's of Unique Ornaments, Live Music by The Free Agents Quartet, Refreshments, Shopping and FUN!! A family Tradition. Free and Open to the Public. 5-8pm 360-424-6760
- \* **November 19th Family Art of Thankfulness Day**-Anacortes Museum of Northwest Art presents drawing and watercolor workshop focused on thankfulness, \$5 per family. (360) 466-4446
- \* **November 12 Kids Giant Garage Sale**  
9-noon Held indoors, free admission, hot coffee and LOTS of KID related items for sale! Tables FULL of toys, puzzles, games, sports gear, movies, bikes, and more! Burlington Parks and Rec 360-755-9649
- \* **November 24 Sedro-Woolley Community 34th Annual Thanksgiving Dinner**, Cascade Middle School, 905 McGarigle Rd., 12:30 to 3 p.m.; free admission, donations accepted; info at 360-855-1661 or [slokkebo@yahoo.com](mailto:slokkebo@yahoo.com)
- \* **November 24 Free Thanksgiving Meals** at Friendship House 108 Snoqualmie Street Mount Vernon 360-873-8022 Brunch: 10:30-11:30 am DINNER: 2:30-3:30
- \* **November 24 Old Town Café Bellingham**, 316 W Holly St 360-671-4431 Has been offering a free Thanksgiving feast for 44 years!
- \* **November 26th Holiday Tea and Father Christmas Mount Vernon** Complimentary old fashion holiday tea with scones in 1888 schoolhouse, and Santa in an antique sleigh. 10-3pm, No charge, donations accepted, but reservations are required for the tea. [www.christiansonsnursery.com](http://www.christiansonsnursery.com)

- \* **December 1, 8, 27, and 28: Pay What You Can Nights**  
More than one million lights will be displayed during 19 days in December, a spectacle spread over 15 acres at Warm Beach Camp in Stanwood, Washington. Largest holiday light display in the Pacific Northwest!
- \* **December 3rd Tree Lighting and Arrival of Santa** with hot cider, hot chocolate, cookies-Burlington 520 E Fairhaven, Alpha Park, 6pm.
- \* **December 3rd 4-5:30pm LaConner Tree Lighting with Santa** arriving on an antique fire truck and lighting the tree with pixie dust. There will be decorated cookies provided by La Conner High School Culinary Class, hot cider and lots of good cheer in the center of La Conner at Gilkey Square! <http://www.lovelaconner.com>
- \* **December 3rd-11-5pm Holiday Open House** at LaConner Quilt and Textile Museum.
- \* **December 4th Mount Vernon Old Fashion Holiday Kick-Off: Parade, Tree Lighting 5-7pm** Come to historic downtown First Street for Mount Vernon's annual Parade, starting at 5 pm. The Tree Lighting Ceremony in Pine Square will follow shortly after the parade ends, around 6 pm. 360-336-3801.
- \* **December 5th Holiday Magic Sedro-Whoolleyville**  
Dr. Seuss inspired event begins with the Holiday Parade Festivities at 3pm with FREE pony rides and train rides for the children, FREE crafts with the S-W Boys and Girls Club, and much more! Tree lighting and parade at 5pm. See Santa after the parade at SW Eagles 1000 Metcalf Sedro Woolley. 360-855-1841
- \* **Month of December-Skagit Museum in La Conner** will be magically transformed! Step in to the North Wing Gallery and back to 1869 holiday. \$10 for families. December 4<sup>th</sup> special kids activities including cookie decorating. December 1 Holiday Gala event dinner, by donation. 360-466-3365
- \* **December 12th Santa's Breakfast**  
from 8:30am to 11:00am at the Sedro-Woolley Community Center located at 703 Pacific St. Kids enjoy a FREE breakfast (Parents by donation). Live music, Santa (feel free to bring your own camera). 360-855-1841
- \* **December 25th Friendship House Christmas**  
Brunch 10:30-11:30 am Dinner: 2:30-3:30 pm 108 Snoqualmie Street Mount Vernon 360-873-8022

Volunteering is a GREAT way to connect with your community!  
Contact Ideas for Healthy Living to help with our program [j.bryan-goforth@wsu.edu](mailto:j.bryan-goforth@wsu.edu)  
or visit the Skagit Volunteer Website <http://www.skagitvolunteercenter.org/>





### Clean Out Your Refrigerator Day is November 15th!

About 40% of our food supply goes uneaten. Discarded food in homes and food service accounts for 60% of this loss. Check out these 14 ways to help reduce food waste and save money!

1. Shop the refrigerator before going to the store.
2. Move older food products to the front of fridge/cupboard.
3. Keep your refrigerator at 40 degrees or below.
4. Freeze or can surplus fresh food using safe preservation methods.
5. Take restaurant leftovers home and refrigerate within two hours of being served.
6. Dish up reasonable amounts of food at a buffet and go back for more if still hungry.
7. Compost food scraps for use in the garden.
8. Check product dates on foods—"sell by" means it should be purchased by this date, "best by" means the flavor is best but is not a safety issue, "use by" is the last date recommended for peak quality according to the manufacturer.
9. Look for recipes on websites that can be searched for by ingredients to use up food at home. USDA's "What's Cooking: USDA Mixing Bowl" website. ([www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)) offers several tools
10. Buy misshapen fruits and vegetable as they taste just as good but are more likely to be thrown away.
11. Rather than buy a food for use in only one recipe, check if there might be a suitable substitute already in the home.
12. Check the garbage can. If the same foods are constantly being tossed: Eat them sooner, buy less of them, incorporate them into more recipes or freeze them. This handy guide will help you better understand food storage <http://extensionpublications.unl.edu/assets/pdf/ec446.pdf>



13. Donate safe, nutritious food to food banks. <http://skagitcrc.org/food-banks.php>
14. If you have several foods that might go to waste at the same time, try adding them to such adaptable recipes as salads, soups, pasta and casseroles.

Adapted from University of Nebraska's 14 Ways Consumers Can Reduce Food Waste

### Holiday Eating Guide



The average person consumes around 4000 calories and 230 grams of fat during a typical Thanksgiving meal. And that doesn't even include leftovers! Here are some tricks to help plan healthier meals—better for your waistband and better for your wallet.

- ♥ Shop smart—plan your meal to include plenty of vegetables and whole grains. Choose foods rich in nutrients but lower in calories, sugar, and fat.
- ♥ Add more simple vegetable dishes to your menu instead of recipes with heavy sauces. If you must have a veggie casserole, choose a lower fat soup and increase the veggies.
- ♥ Shave calories with simple swaps—choose nonfat yogurt or applesauce in place of oil in baked goods, use vegetable stock in place of fat or oil in savory dishes.
- ♥ Roast or grill for rich taste with fewer calories—roasted Brussel sprouts are AMAZING and you won't even miss the green bean casserole.
- ♥ Don't go to a feast hungry. Enjoy a healthy snack such as yogurt, fruit, veggies, or soup before a party.
- ♥ Make only one trip to the buffet table. Look at your options and choose wisely.
- ♥ Eat slowly and chew well.
- ♥ Fill half your plate with vegetables.
- ♥ Make a choice to limit high fat items.
- ♥ Drink plenty of water.
- ♥ Spritz your drinks. Use sparkling water paired with natural juice or even wine to reduce sugar and calories.
- ♥ Use leftover turkey to make soup with chunky vegetables rather than sandwiches.
- ♥ Wear tight fitting clothes and/or a snug belt to a feast to help avoid overeating.
- ♥ Stick to your exercise routine. Enjoy a brisk walk with family and friends.
- ♥ If you're going to an office party or potluck, bring your own low calorie dessert.
- ♥ Use a smaller plate.
- ♥ Limit yourself to one treat a day.



### Easy Crafts for Gifting

Many people exchange gifts during this season, which can be a burden for those of us on a tight budget. We respond to this in many ways which can include guilt or overspending. There are many ways to create gifts which are a healthy and economical alternative to debt or tins of fudge. Making handmade gifts with your children is also a wonderful way to create family time and traditions.



#### Grab and Go Breakfast in a Jar

- 2/3 c rolled oats
- 3 T dried cranberries
- 3 T dried unsweetened coconut
- 3 T pecans
- 2 T chia seeds
- Dash of cinnamon or nutmeg

Overnight Oats are so popular because they are delicious, super healthy, and convenient. Layer these ingredients in a pint or half pint mason jar and include the following instructions: Add 1/2 cup yogurt and 3/4 cup unsweetened almond milk or cow milk and let sit in the fridge overnight or at least 2 hours. Enjoy!

One recipe serves two, has approx. 290 calories, 9 grams fiber, and 11 grams protein. Experiment with recipes-try a "Monkey Breakfast" with dried bananas and walnuts!



#### Herbal Vinegar

- ◆ Selection of Herbs-popular choices include: thyme, dill, basil, purple basil.
- ◆ Garlic
- ◆ Peppers
- ◆ Fruit such as blueberries or pears

Sterilize glass containers by boiling for 10 minutes. Insert the desired amount of herbs and or fruit into container and fill with vinegar of your choice. Distilled white is the most affordable, with apple cider vinegar at a slightly higher cost. Wine vinegars are more expensive but have a smooth flavor. Cap the jars and store in a cool, dark, place for several weeks. You may filter the vinegar or leave herbs in place for appearance. Keeps for up to 3 months or 6-8 months when refrigerated. Use in salads, pastas, and more. A printable pdf with complete instructions is available at [http://nchfp.uga.edu/publications/uga/uga\\_flavored\\_vinegars.pdf](http://nchfp.uga.edu/publications/uga/uga_flavored_vinegars.pdf)



#### Gingerbread Body Scrub

- 1 cup dark brown sugar or raw sugar
- 1/3 cup coconut oil
- 1 T molasses
- 1 t cinnamon
- 1 t ground ginger
- 1/3 t ground cloves

Mix all ingredients together. You may need to use clean hands to really mix well. Place contents in a mason jar with secure lid. Use in the bath or shower as a gentle and effective exfoliant. Perfect for repairing dry winter skin!



#### Lip Balm

- 1/4 cup of beeswax
- 1/4 cup coconut oil
- 1/4 cup olive oil
- 3-10 drops of peppermint essential oil

Mix ingredients in an easy pour container, microwave for one minute or until fully melted. Alternately, place in small saucepan and melt over low heat. Pour into containers and let cool. Small containers may be found at local craft or dollar stores, or repurpose clean used food grade containers like small candy or breath mint tins.





Recipes Available in English and Spanish here:  
<http://www.whatscooking.fns.usda.gov/>

Recipes may be made using pumpkin, winter squash, or sweet potatoes. Perfect for autumn and early winter meals!

An estimated 1.5 BILLION pounds of pumpkins are thrown away in early November. Help reduce waste by eating instead of tossing! Whole pumpkins may be used in a variety of recipes including soups and baked goods, while smaller or mini pumpkins may be filled with fruit or a savory stuffing and baked. Most pumpkins and winter squash will keep for months at room temperature, but you can also cook and freeze portions for a quick soup or muffin recipe. Also, many local farms allow folks to glean pumpkin fields or take left over pumpkins at no charge in early November. Visit <http://extension.illinois.edu/pumpkins/> for all manner of pumpkin information and recipes.



### PUMPKIN 5 ways

#### Pumpkin Pancakes

- + Pumpkin
- + Pumpkin pie spice
- + Flour
- + Brown sugar
- + Baking powder
- + Egg
- + Vegetable oil
- + Salt
- + Milk, low-fat

#### Pumpkin Pudding

- + Pumpkin
- + Pumpkin pie spice
- + Salt
- + Milk, low-fat
- + Vanilla pudding

#### Cranberry Pumpkin Muffins

- + Pumpkin
- + Flour
- + Sugar
- + Baking powder
- + Cinnamon
- + Vegetable oil
- + Eggs
- + Cranberries
- + Allspice

#### Pumpkin Smoothie

- + Pumpkin
- + Milk, low-fat
- + Orange juice
- + Banana
- + Light brown sugar
- + Ice cubes
- + Cinnamon

#### Pumpkin & White Bean Soup

- + Pumpkin
- + Apple juice
- + Onion
- + Water
- + Cinnamon
- + Black pepper
- + Salt
- + Nutmeg, allspice, or ginger

Find these pumpkin recipes here: <http://bit.ly/2dwmRyX>  
For more recipes go to: [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)

**What's Cooking?**  
WASHINGTON STATE UNIVERSITY EXTENSION



## Avoid Guessing About

# Holiday Food Safety



During the coming holidays, thoughts turn to family, food, and finding enough time to fit everything in!

Food safety may take a back seat as we take short cuts, prepare foods ahead, cook late into the night, and host numerous holiday feasts.

Before you cook the turkey, set up the buffet, or start making holiday goodies, see how you do on this holiday food safety quiz, based on information from the USDA and the Food and Drug Administration.

**A**pproximately how long should you allow for thawing a frozen turkey in the refrigerator?

- A. 24 hours per each 1-2 pounds of turkey
- B. 24 hours per each 4-5 pounds of turkey
- C. 24 hours per each 6-7 pounds of turkey

**Answer: B**-Place the frozen bird in its original wrapper in the refrigerator (40°F or below). Allow approximately 24 hours per each 4-5 pounds of turkey. A thawed turkey can remain in the refrigerator for 1-2 days.

**W**hat is a safe internal temperature for cooking a whole turkey?

- A. 145°F
- B. 155°F
- C. 165°F

**Answer: C**-Use a food thermometer to check the internal temperature of the turkey. A whole turkey is safe cooked to a minimum internal temperature of 165°F throughout the bird. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. If you have stuffed your turkey the center of the stuffing must also reach 165°F.

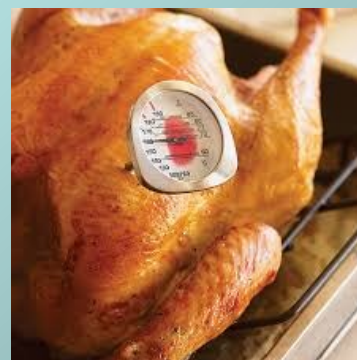
### THAWING TIME IN THE REFRIGERATOR

Size of Turkey	Number of Days
4-12 pounds	1-3 days
12-16 pounds	3-4 days
16-20 pounds	4-5 days
20-24 pounds	5-6 days

For reasons of personal preference, you may choose to cook turkey to a higher temperature. All turkey meat, including any that remains pink, is safe to eat as soon as all parts reach at least 165°F.

The stuffing should reach 165°F, whether cooked inside the bird or in a separate dish.

Let turkey stand 20 minutes after removing it from the oven. Remove any stuffing and carve the turkey.



### COOKING TIME-UNSTUFFED

Size of Turkey	Estimated time to reach 165°F
8-12 pounds	2 ¾-3 hours
12-14 pounds	3-3 ¾ hours
14-18 pounds	3 ¾-4 ¼ hours
18-24 pounds	4 1/2 -5 hours

### COOKING TIME-STUFFED

Size of Turkey	Estimated time to reach 165°F
8-12 pounds	3-3 ½ hours
12-14 pounds	3 ½-4 hours
14-18 pounds	4-4 ¼ hours
18-20 pounds	4 ¼-4 ¾ hours
20-24 pounds	4 ¾-5 ¼ hours

### 100 Calories

- \* Crescent Roll, 1
- \* Green Bean Casserole, half a baseball
- \* Ranch dressing, golf ball
- \* Fudge, half of a golf ball
- \* Gingerbread man, small
- \* Dozen large black olives
- \* Biscuit, 2 inches
- \* Cranberry Sauce, golf ball



## Portion Size Guide

### 200 Calories

- \* Turkey with skin, deck of cards
- \* Stuffing, half a baseball
- \* Sweet potato casserole, half a baseball
- \* Whipped cream, golf ball
- \* Red wine, glass
- \* Potato chips, 12
- \* Mixed nuts, size of a golf ball
- \* Eggnog, half a baseball
- \* Cheeseball with nuts, golf ball
- \* Pumpkin Pie, 1/16 of a nine inch pie no whip