



# Food & Nutrition Club Newsletter

November/December 2012—Issue No. 2

*"The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition." ~Thomas Edison.*

## Happy Holidays from the Food and Nutrition Club!

*We would like to extend our wishes for a holiday season that brings you peace, joy and good health.*

*Please remember all the families who are struggling to get back on their feet may all their needs be met and their lives restored. We have listed resources for anyone who might need assistance obtaining food and contact information on sites collecting donations and seeking volunteers.*

*Best Wishes to you for a happy & healthy Holiday.*

Kim Campbell  
President

## In the News

### Thanksgiving Day is National Family History Day Surgeon General's Family Health History Initiative

Our family history tells us the story of who we are and where we come from but we forget that our family's health history is also important. This holiday season, take the time to find out your family's medical history during the numerous gatherings. Being aware of your potential health risks as well as that of other members of your family can be beneficial in providing better care by your healthcare provider. One day, it may save your life as well as a life of your loved one.

To organize your family health history, the Surgeon General's Office has made it easier by creating the web-enabled program called "My Family Health Portrait". Now you can create your family health history profile and download it to your computer. You can find this program at <https://familyhistory.hhs.gov/>.

For information on other activities of the Office of the Surgeon General, please visit [www.surgeongeneral.gov](http://www.surgeongeneral.gov).

As we enter the end of the year, we are reminded that the temperatures are dropping. You can help by donating money, your free time and items such as clothing and non-perishable foods.

To find out where and how you can help, please check out the following organizations:

NYC Service - [www.nycservice.org](http://www.nycservice.org)

American Red Cross—[www.redcross.org](http://www.redcross.org)

## GENERAL INFORMATION

**Make The Road New York—[www.maketheroadny.org](http://www.maketheroadny.org)**

### General Assistance:

General Hotline for New York State Residents  
Call (888) 769-7243 or (518) 485-1159

### New York City Emergency Food Assistance Program:

General Hotline to find the nearest Food Pantries/  
Soup Kitchens - Call (866) 888-8777

### INSPIRE Outreach Staten Island Outreach Programs

**Resource Booklet** - To download the latest version

please visit [inspireoutreach.net](http://inspireoutreach.net)

For referrals to boroughs beyond Manhattan:

Please call Amanda at 917-517-3203 or e-mail  
[inspireoutreach@gmail.com](mailto:inspireoutreach@gmail.com)

For information on where you can find a pantry in your borough please visit the Food & Nutrition Club on facebook at <https://www.facebook.com/groups/211735922200812/>

You can also visit [www.nyc.gov](http://www.nyc.gov) for up-to-date information as well <http://www.foodpantries.org> for pantries in NY as well as around the country.

## Food and Nutrition Club Officers

President .....Kim Campbell  
Vice President.....Leen Homs  
Treasurer.....Abdul Alim  
Secretary & Editor .....Marita Pereira  
SAC Representative.....Jonathan Espinosa

**Weekly Club Meeting on Wednesdays at 2:15—3:30pm in room E222**  
Find us on Facebook: <https://www.facebook.com/groups/211735922200812/>

## 'Tis the Season for a Healthy, Happy Holiday

Let the holiday season begin! Now is the time we spend with our loved ones. Here are a few tips that will help you have a safe and healthy holiday season.



### Holiday Food Safety Tips

#### 1. CLEAN

Wash hands with warm water and soap for 20 seconds before and after handling any food.

Wash food-contact surfaces (cutting boards, dishes, utensils, counter-tops) with hot, soapy water after preparing each food item.

Rinse fruits and vegetables thoroughly under cool running water and use a produce brush to remove surface dirt.

Do not rinse raw meat and poultry before cooking in order to avoid spreading bacteria to areas around the sink and countertops.

#### 2. SEPARATE

When shopping in the store, storing food in the refrigerator at home, or preparing meals, keep foods that won't be cooked separate from raw eggs, meat, poultry or seafood—and from kitchen utensils used for those products.

Consider using one cutting board only for foods that will be cooked (such as raw meat, poultry, and seafood) and another one for those that will not (such as raw fruits and vegetables).

Do not put cooked meat or other food that is ready to eat on an unwashed plate that has held any raw eggs, meat, poultry, seafood, or their juices.

#### 3. COOK

Use a food thermometer to make sure meat, poultry, and fish are cooked to a safe internal temperature. To check a turkey for safety, insert a food thermometer into the innermost part of the thigh and wing and the thickest part of the breast. The turkey is safe when the temperature reaches 165°F. If the turkey is stuffed, the temperature of the stuffing should be 165°F.

Bring sauces, soups, and gravies to a rolling boil when reheating.

Cook eggs until the yolk and white are firm. When making your own eggnog or other recipe calling for raw eggs, use pasteurized shell eggs, liquid or frozen pasteurized egg products, or powdered egg whites.

Don't eat uncooked cookie dough, which may contain raw eggs.

#### 4. CHILL

Refrigerate leftovers and takeout foods—and any type of food that should be refrigerated, including pie—within two hours.

Set your refrigerator at or below 40°F and the freezer at 0°F. Check both periodically with an appliance thermometer.

Thaw frozen food safely in the refrigerator, under cold running water, or in the microwave—never at room temperature. Cook food thawed in cold water or in the microwave immediately.

Allow enough time to properly thaw food. For example, a 20-pound turkey needs four to five days to thaw completely in the refrigerator.

Don't taste food that looks or smells questionable. When in doubt, throw it out.

Leftovers should be used within three to four days, unless frozen.

#### KEEP YOUR FAMILY SAFER FROM FOOD POISONING

Check your steps at [FoodSafety.gov](http://FoodSafety.gov)

### Portion Control

Gobble, Gobble—says the turkey

But in our case, let's just stick to one gobble. It's very easy to overeat during these gatherings.

Here are a few easy tips to remember:

1. Eat before you go. Have a snack so that you won't be tempted to eat everything in site because you saved your appetite for the party.
2. Use smaller plates, using the appetizer plates will reduce the number of foods you can load on your plate.
3. Don't go for seconds instead make it go. It's easier to say "yes" so you don't offend your host instead tell them you rather save it for tomorrow's meal. A positive side for taking leftovers is you don't have to cook at home. If you are hosting—make sure you have plenty of take out containers for your guests.
4. Go for the veggies and fruits. Fill most of your plate with healthy food so you won't feel like you ate so much that you are a bear ready to hibernate for the winter.
5. Bring a healthy dish of your own to the party. Share your own healthy tasty recipe. It will inspire the other guests to bring their own healthy dish for their next gathering.
6. Take time to eat your meal. Find a comfy spot, have a seat and enjoy your meal with people. This way you are not stuffing yourself instead you are having a satisfying meal.

### Healthy Holiday Recipe

Creating a tasty recipe is not difficult. By using produce that is in season, a healthy dish can be accomplished. Here is an idea:



#### Sweet Potato-Pumpkin Mash

Serving size 1/2 cup : 8 Servings

- 2 Sweet Potatoes—cubed
- 1 lb pumpkin—cubed
- 1/4 tsp cinnamon (or pumpkin spice)

1. Steam sweet potato and pumpkin until fork tender
2. Smash together with a fork or a potato masher
3. Mix in spice
4. Enjoy!

The weather is cold outside and it's the best time in the year for indoor activities. Here's one way to spend this holiday season:

### OUR GLOBAL KITCHEN

The American Museum of Natural History

Available for viewing—November 17, 2012 to August 11, 2013

*About the Exhibit*

*Take a journey around the world and through time. Stroll through an ancient market, cook a virtual meal, peek inside the dining rooms of illustrious individuals—and consider some of the most challenging issues of our time.*

Website:

<http://www.amnh.org/exhibitions/current-exhibitions/our-global-kitchen>



HAPPY HOLIDAYS FROM THE FOOD AND NUTRITION CLUB!

