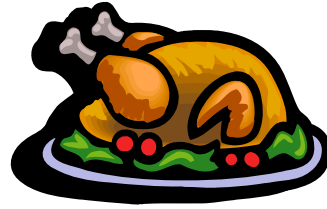


Food Safety Net

Food Safety News for Consumers

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Turkey: Fresh or Frozen?

Make the best choice for your family this season!

- 1. If you buy a fresh turkey**, buy it no sooner than 1-2 days before you cook it. Do not buy a fresh turkey that is already stuffed, because if it has not been handled properly, it could make you sick. Buy 1 pound per person and keep it refrigerated until you are ready to cook it. Store it on a tray to catch juices that may leak, and place it on the bottom shelf.
- 2. You can buy a frozen bird** at any time and keep it in your freezer. It will keep for up to 1 year if frozen properly at 0°F. If you buy one that is pre-stuffed, buy 1 ¼ pounds per person. USDA recommends only buying one that displays either a USDA or State mark of inspection on the packaging, because it has been processed safely under controlled conditions. Do not thaw a pre-stuffed bird before cooking. Cook it from the frozen state following the package directions.
- 3. For unstuffed frozen turkeys** buy 1 pound per person and keep it frozen until you are ready to thaw it. Plan ahead because it will take time to thaw. You can thaw it either in the refrigerator, in cold water, or in a microwave. Check the owner's manual for the size turkey that will fit, the minutes per pound, and power level for thawing. Cook it immediately after thawing. Do not refreeze or refrigerate turkey that has been thawed in a microwave.
- 4. To thaw the bird** in the refrigerator, keep it in its original wrapper. Put it on a tray to catch juices that may leak and place it on the bottom shelf. A thawed turkey will keep in the refrigerator for 1-2 days, and if thawed properly it can be refrozen. Allow 24 hours for every 4-5 pounds of turkey. A 16-20 pound bird will take 4-5 days to thaw.
- 5. If thawing in cold water**, wrap the turkey securely, making sure the water is not able to leak through the wrapping. Submerge the wrapped turkey in cold tap water, and change the water every 30 minutes. Allow

30 minutes per pound for thawing. A 16-20 pound bird will take 8-10 hours to thaw. Cook the turkey immediately after it is thawed, and do not refreeze.

- 6. Remember!** Wash your hands, utensils, the sink, and anything else that comes in contact with raw turkey and its juices with hot water and soap.
- 7. For more information,** contact your local office of the University of Arkansas Cooperative Extension Service or call the USDA Meat & Poultry Hotline at 1-888-674-6854. You can visit USDA on-line too at www.fsis.usda.gov.



French Apple Yogurt

Makes 1 quart, 4 cups

Ingredients

- 3 cups diced or sliced apples, and leave skins on for color and fiber
- 2 cups plain, low-fat yogurt
- 1 teaspoon vanilla
- ½ teaspoon cinnamon
- 2 teaspoons brown sugar, if apples are tart

Directions

1. Cook apples in ½ cup water for 5-10 minutes, or until apples are soft. Drain excess water.
2. Reserve 1 cup of cooked apples. Put remainder into blender with vanilla, cinnamon, brown sugar, and 1 cup yogurt. Blend very briefly and then mix with the remaining cooked apples and 1 cup yogurt.

Source: Healthy Eating, University of Nebraska-Lincoln Extension.

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University of Arkansas, United States Department of Agriculture and County Governments Cooperating.

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.

Source: Let's Talk Turkey-A Consumer Guide to Safely Roasting a Turkey, Food Safety and Inspection Service, USDA.

Autumn Outings and Family Fun!

It's autumn and time for some outdoor fun and fitness with your family! Visit a farm or apple orchard where everyone can walk, pick, and carry apples. You might find a petting zoo, pumpkin patch, or corn maze there too and spend the afternoon solving the labyrinth or exploring the patch. Don't want to drive? Stay at home and rake and jump in the leaves as you turn fall yard work into family fun.

To help your children learn more about food and agriculture, check-out a book from your local library and read it with them. Try Corn is Maize by Alikei, the story of corn beginning with the Native American farmers and new settlers.