

# MARGIE'S MAILBOX

160 NORTH MAIN, NEPHI, UT 84648 · (435) 623-3450 · EXTENSION.USU.EDU/JUAB

**Utah State University**  
**JUAB COUNTY EXTENSION**

4th quarter 2009

## Prevent Halloween Accidents

- Choose light colored costumes or sew reflective patches on costumes so that they are easy to see.
- Be sure masks allow kids to see and breathe easily. Avoid masks, wigs, or eye patches that block vision. Hypoallergenic makeup is a safer alternative to masks.
- Teach kids to cross only at corners and to look both ways before crossing the street.
- Plan your child's route and provide a flashlight.
- Teach your children never to go inside a stranger's house. Its ok to receive candy from outside the door.
- Inspect treats before kids eat them.
- Make sure an adult goes with children age 10 or under.
- Let kids draw the designs on a pumpkin, but don't let them handle a knife or do the carving.
- Use glow sticks in pumpkins instead of candles, which are a fire risk.
- Be sure the path and stairs to your front door are well lit and free of obstacles.

*Source: Here's to your health, published by Valley Medical Center, Renton, WA*



## Upcoming Events

- Oct. 20th, Food \$ense Class "Breakfast Boosts"
- Oct. 28th, Canning Meat and Jerky Demonstration
- Nov. 17, Food \$ense Class "On a Roll"
- Nov. 28th, Christmas Festival Extension classes. Watch for more details.

Physically active people save about \$500 per year on health-care costs. Don't have money or time to hit the gym? Try a brisk walk, swim, or play golf without a cart.

## Simple Ways to Cut Fat and Calories in Holiday Favorites

- Use two egg whites instead of one whole egg.
- Try dried fruits (raisins, cranberries, dates, plums) in place of nuts.
- Replace baking chocolate with three tablespoons of cocoa powder and one tablespoon of canola oil.
- Reduce the amount of sugar in baked goods by one-quarter to one-half.
- Use evaporated skim milk in recipes that call for whipping cream.
- Substitute an equal amount of applesauce for at least half the oil in muffins, brownies, or quick breads like banana bread or cranberry bread.
- Use low-fat yogurt or cottage cheese instead of mayonnaise and sour cream in dips.
- Cook stuffing with chicken or vegetable stock instead of oil, butter or margarine.
- Top casseroles with almonds instead of fried onion rings.
- Choose reduced-fat cheese for salads and casseroles.
- Make a low-fat crust for pumpkin pie with 1 cup of Grape Nuts cereal and 1/4 cup apple juice concentrate.



*Source: American Dietetic Association, www.eatright.org*

## Inside this Issue:

|                                     |   |
|-------------------------------------|---|
| "Tis the Season"                    | 2 |
| Holiday Baking                      | 2 |
| Food \$ense                         | 3 |
| Food \$ense Classes                 | 3 |
| Canning Meats and Making Meat Jerky | 4 |
| Christmas Festival                  | 4 |

## “Tis the Season”

We seldom hear holidays and conservation in the same breath! As energy costs rise and concerns about global warming increase, it becomes more and more important for each of us to look at the “footprint” we leave behind. The winter months increase utility consumption with lower temperatures, shorter days - and the holidays! Everyone participating in small changes can have significant results. If every household in the U.S. replaced just one 100-watt incandescent bulb with an energy efficient bulb, the annual greenhouse gasses eliminated would be equivalent to the emissions from 1.5 million cars.

### Reuse and Recycle

Conserve resources - financial and environmental by reusing resources.

- Turn old holiday gift wrap into gift cards or colorful paper chains.
- Get creative on gift wraps. Use old calendars, wallpaper, magazines, catalogs or newspaper - the comics are particularly fun and colorful.
- Make it pretty and useful! Select a reusable bag or tote as part of the gift. Make the wrapping functional - use a dishtowel, napkin or plastic grocery bags.
- Buy recycled gift wrap, reuse gift bags, and recycle paper and cardboard packaging. Plastic packing peanuts can be recycled through the Plastic Loose-fill Council's Peanut Hotline at 1-800-828-2214.

- Recycle brown paper bags to mail packages.
- Reuse shred or make your own. Running used gift wrap through a paper shredder can produce colorful, inexpensive filler for gifts.

### Give to Charity

November and December are great times to donate to charity. A receipt for tax deductions can help you while helping someone else.



- For the family member that has everything, donate to a favorite charity, adopt an angel in their name, or contribute to preserve an endangered species. Consider buying a farm animal, seeds or water for people in developing nations. (websites that might be helpful: [www.heifer.org](http://www.heifer.org) - Heifer Project, [www.awf.org](http://www.awf.org) - African Wildlife Adoption Center, [www.rainforest-alliance.org](http://www.rainforest-alliance.org) - the Rainforest Alliance).
- Save used postage stamps from envelopes to mail to Boys and Girls Town.
- Pass on gently used Christmas items for someone else to use.
- Buy gifts that support fair trade and sustainable sources. (Check out [tenthousandvillages.com](http://tenthousandvillages.com) for great gifts that support diverse cultures around the world.)

Source: Joanne Roueche, USU Extension Agent

## Holiday Baking

A cookie swap is a good idea for those who want to have a variety of holiday baking but don't have a lot of time. Arrange it with several of your friends or family members. Each person will bake a large batch of one type of cookie, which is much more efficient than making several smaller batches of different types. Then pack up your cookies and bring them to the “swap”

- an evening or afternoon to sample all the cookies and then everyone takes a variety home with them.



Holiday Bake Lines and Websites:

[Holidayfoodsafes.org](http://holidayfoodsafes.org)  
<http://butterball.com>  
<http://cookingwithkraft.com/>  
[www.pillsbury.com](http://www.pillsbury.com)

|                              |                  |
|------------------------------|------------------|
| USDA Meat & Poultry Hot Line | 1-800-535-4555   |
| Reynolds Turkey Line         | 1-800-745-4000   |
| Butterball Turkey Line       | 1-800-butterball |

# Food \$ense Nutrition Education Program

We at the Food \$ense Program want you to have the best baking experience possible. We strive to provide you with resources you need to be successful. Our program has been in Juab County for almost 11 years answering your questions and helping to teach you basics. Call and let us know if you would like to have some neighbors over and have a free cooking lesson. Call Laurie at the Extension office, 623-3457.

## Active Dry Yeast

Dissolve yeast in  $\frac{1}{4}$  cup warm (100-110°F) water before using. Always use a thermometer to check the temperature. Proofing\* (checking if yeast is active) is not needed; it's nearly 100% active thanks to modern production and packaging. Add dissolved yeast to other ingredients according to recipe instructions

### For most dough:

Knead; let rise until double. Shape; let rise until double again and bake.

Don't use in recipes calling for Rapid Rise yeast. (Yeast won't dissolve properly, and water is too hot.) This yeast may be substituted for the fresh cake yeast. The small cake yeast (.6 oz) is equal to 1 envelope of dry yeast. The large cake yeast (2 oz) is equal to 3 envelopes of dry yeast. Yeast comes in both an envelope and a jar.

## Rapid Rise Yeast

Add yeast to dry ingredients. Proofing is not needed. Add liquids heated to 120°F to 130°F and follow recipe instructions. Always use a thermometer to check temperature.

For most dough: Knead; let rest 10 minutes. Shape; let rise until double and bake.

May use in recipes calling for Active Dry yeast. (However, rise may be slightly less.) This yeast is the same as Bread Machine Yeast and Instant Yeast.

Source: <http://www.breadworld.com>  
[www.extension.usu.edu/juab](http://www.extension.usu.edu/juab)

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*\*Proofing has traditionally been done by dissolving yeast in  $\frac{1}{4}$  cup warm (100-110°F) water, stirring in 1 teaspoon sugar and waiting 10 minutes. The mixture should foam and double in volume.*



## Upcoming Food \$ense Classes

### Breakfast Boosts

Using Food Sense "Ready-Quick Mix" when preparing biscuits, muffins, pancakes, desserts, and main dishes is guaranteed to save you time, money, and give you peace of mind.

Date: October 20

Time: 7-8 pm

Location: Extension Office, Juab County Center



### On a Roll

Learn creative and easy ways to make your rolls special— plus more!

Date: November 17

Time: 7-8 pm

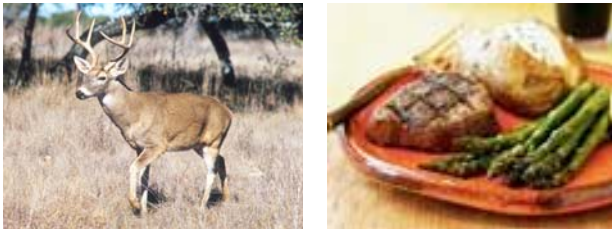
Location: Extension Office, Juab County Center

## Canning Meat and Making Jerky

Preserve your Harvest! What better way to enjoy your trophy kill than to preserve the venison for good eating all year long. Or take advantage of meat and poultry sales by buying in bulk and canning the extra.

Tasty jerky is a nutritional snack to be enjoyed anytime.

Learn correct and safe canning methods and different jerky methods from an expert! Presented by Brian Nummer, PhD, USU Extension Food Safety Specialist.



October 28, 2009  
7—9 p.m.  
Cultural Hall, Juab County  
Center  
160 N. Main, Nephi, UT

No registration is necessary, but please RSVP (for handouts) by calling 435-623-3450, or online at [extension.usu.edu/juab](http://extension.usu.edu/juab) by October 26th.

## 2009 Christmas Festival

The USU Extension office has once again teamed up with the Juab Fine Arts Council, Nephi City, and the Nephi Fire Department to bring you the best activities and events that Juab County has to offer at the Annual Christmas Festival.

This year's Christmas festival will be held on Saturday, November 28th. Along with some great Extension classes, there will be activities such as a craft and food fair, ongoing entertainment, a Christmas tree display, kid's games and activities, a holiday lighting ceremony, main street light parade, a Christmas program, tree auction and more.

Watch for information in the paper and through the various sponsors.



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Check us out on the web:  
<http://extension.usu.edu/juab>