TIPS FOR A SAFE, HEALTHY, THANKSGIVING

Keep Your Hands And Cooking Area Clean:
- Always wash your hands before and after handling food. Keep your kitchen, dishes, and utensils clean. Always serve food on clean plates, not those previously used to hold raw meat and poultry.

Use A Thermometer To Check Temperatures:
- A whole turkey/chicken must be cooked to a minimum internal temperature of 165 °F throughout the bird.; this is the same temperature for casseroles and leftovers. Insert thermometer into the innermost part of the thigh and wing and the thickest part of the breast.
- Temperatures for other foods: http://www.foodsafety.gov/keep/charts/mintemp.html

Keep Hot Foods HOT and Cold Foods COLD:
- Hot foods should be held at 140°F or warmer. On the table you can keep hot foods hot with chafing dishes, slow cookers, and warming trays. Cold foods should be held at 40°F or colder.

Remember The Two-Hour Rule:
- Food should not sit at room temperature for more than two hours (one hour if more than 90°F); bacteria can grow at a fast pace and get you sick. If in doubt, throw it out!

Surprise your family with new, healthy recipes!
- Add colorful vegetables as side dishes! Season with spices and herbs!

For more information about a safe and healthy Thanksgiving meal, contact Joyce or Whitney at (863) 519-8677.

NEWS, EVENTS, AND PROGRAMS

Did you know: Of the 35 species of snakes in Central Florida, only 4 are dangerous?

In November, Extension is a webinar on the subject of Snakes in Florida. The webinar will cover topics such as identifying venomous and non-venomous species, snake behavior, and strategies to reduce snake encounters in your home or on your property.

The webinar will take place on Nov. 18th from 12:15 —1:00 pm. Registration is required but is free and open to the public.

For more information on the programs and events listed here, please contact (863) 519-8677

CALENDAR EVENTS

- WEBINAR: Snakes in Florida: Nov. 18, 12:15—1pm
  Register to receive the webinar link.
  To register: www.polknr.eventbrite.com

- Growing & Cooking with Herbs:
  Nov. 10, 10am—12pm
  Lakeland Public Library, 100 Lake Morton Dr.
  For more info: AnneAnne@ufl.edu

- Mature MyPlate Meals: Nov. 3, 10, and 17
  1:30—3:30pm
  1021 Lakeland Hills Blvd, Lakeland
  For more info: Whitney (863) 519-1072