

# LIFESTYLE JUNCTION

## NOVEMBER 2021



Some of you might have noticed a familiar face running around the Randolph County Extension Office lately....that would be me!!! Hey everyone!! I am Zoë Robinson, the new Health & Human Sciences Educator.



I grew up in Richmond, IN and I have always had deep roots in Randolph County. Growing up I went to school at Randolph Southern where my mom, Chris Robinson, is still a 5th grade teacher. I was a 10 year 4-H member and very involved in FFA throughout high school. I enjoy giving back to my community in Randolph County now as a 4-H volunteer, and a mentor to children and families involved in the swine industry.

I obtained a Bachelor's of Science degree from Purdue University where I majored in Animal Sciences with a minor in Food and Agribusiness Management. I had the opportunity to intern at Randolph County Purdue Extension office for three summers. I am excited to take on these career goals and give back to a community that has offered so much to me.

I love to spend time with my family, friends, traveling, attending livestock events, cheering on the Boilermakers, and cuddling my two corgis! I am an aunt to 2 nieces and 3 nephews, so I enjoy supporting them in all their endeavors within 4-H, sports, and many other activities.



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# Health & Human Sciences Programs & Opportunities

**You might be wondering what exactly does a Health & Human Sciences Educator do?**

**My goal is to locate needs within our community, offer my expertise in financial well-being, educational programming, encouraging behavioral changes, life skill development, establish healthier environments to raise families, and bridge ties to community partners.**



**The 4 pillars Health & Human Sciences focuses on:**

- **Food**
- **Family**
- **Money**
- **Health**

**Here are just a few of the many program opportunities offered!!!**

- **Captain Cash - 3rd Graders**
- **Where Does My Money Go?**
- **Strengthening Families**
- **Get Walkin' Program**
- **Be Heart Smart**
- **And so much more!!**

**I have so many ideas that I can't wait to offer for the community, be on the lookout!!**



# Thanksgiving Tips

Here are just a few reminders as you start preparing for Thanksgiving with family & friends!



- **Ways To Thaw Your Turkey:**
  - **Refrigerate** - allow for 24 hrs. for every 4-5 lbs. of bird
  - **Running water** - submerge under water at 70°F or lower, cook immediately after thawing
  - **Microwave** - defrost based on weight, cook immediately after thawing
- **Cooking Temperature:**
  - **Turkey needs to reach 165°F for 15 seconds**
  - **If you have a food thermometer remember to check the temperature in thickest part of the food**
- **Holding Food Without Temperature Control:**
  - **Cold foods**
    - **Need to hold at 41°F or lower before leaving the fridge**
    - **Make sure food does not exceed 70°F**
    - **Serve or throw out food within 6 hrs. of sitting out**
  - **Hot foods**
    - **Need to hold at 135°F or higher before leaving heat source**
    - **Serve or throw out food within 4 hrs. of sitting out**



# The Recipe Corner

## LEFTOVER THANKSGIVING PANINI

[HTTPS://WWW.THEPIONEERWOMAN.COM/FOOD-COOKING/RECIPES/](https://www.thepioneerwoman.com/food-cooking/recipes/)

### Ingredients:

- 2 Tablespoons Dijon Mustard
- 2 Slices of bread (white, sourdough, etc)
- 2 Slices of Swiss cheese (or your choice)
- 1/3 cup shredded leftover turkey
- 3 tablespoons leftover cranberry sauce
- 1/3 cup leftover dressing
- 2 tablespoons leftover gravy
- 2 tablespoons butter, at room temp



Original Recipe from Ree Drummond  
Pioneer Woman

### Instructions:

1.) Spread mustard on both slices of bread, then lay a slice of cheese on each piece. On one slice, arrange the turkey and cranberry sauce. On the other slice, lay on the dressing and spoon the gravy over the top.

2.) Carefully unite the two halves into one sandwich, then spread the top side of the bread with 1 tablespoon of butter.

3.) Invert the sandwich, butter-side down, onto a hot panini maker (see notes). Spread the top with the remaining 1 tablespoon of butter.

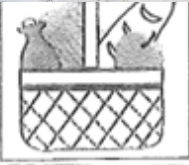
4.) Close the panini maker and grill until the bread is crusty and golden, filling is hot, and cheese is melted.

5.) Pull sandwich off the heat and slice it in half... this sandwich is to die for, especially after some Black Friday shopping!!

### Notes:

- Can be made like a grilled cheese in a pan or a skillet over medium-low heat

# Randolph County Christmas Food Baskets



## 2021 RANDOLPH COUNTY CHRISTMAS FOOD BASKET APPLICATIONS

No walk-in applications will be taken this year.  
Phones not activated until designated dates and times.

**NOVEMBER 29 to DECEMBER 3**

**10:00am---4:00 pm**

**Church of Jesus Christ of Latter Day Saints**

**PHONE (765) 546-1374, or (765-)584-0833**

**COUNTRYSIDE CHRISTIAN CHURCH**

**(765) 584-1951**

**Tuesday evening, November 30 & Thursday evening, December 2  
(6:00 pm—8:00 pm) (These dates & times only!)**

**FIRST PRESBYTERIAN CHURCH of WINCHESTER**

**(765) 584-5141**

The Christmas food Basket Project started in 1972 with *Christmas Food Baskets* for low-income families. It has been under the same supervision for the last twenty-six years. All this has been made possible with the help of contributions from businesses, organizations, churches, school children, and other generous individuals. This program covers all of Randolph County. If you are associated with an organization (school, mental health, doctor's office, etc) please see that your appropriate clients/associates know about these application dates and phone numbers. The caller will be asked questions about family size and income. Because of the safety of the volunteers assisting with the applications, no in-person applications will be taken at the Church of Jesus Christ of Latter Day Saints or Countryside Christian Church locations. Posters will be displayed throughout the Winchester, Lynn, Ridgeville, Saratoga, Farmland, Modoc, and Losantville areas.

Financial donations are needed for the Randolph County Christmas Food Basket Program. This year there will be no collection or acceptance of food due to the Covid-19 virus. All food used in this food program will be purchased. No food drop off sites will be offered.

Any monetary gift will be appreciated; checks should be mailed to:

Randolph County Christmas Food Baskets,  
P O Box 51  
Winchester, IN.47394

**All volunteers manage this project and 100% of the food goes to Randolph County residents**  
If you have any questions or would like more detailed information, please call (765) 546-1180.

### 2021 Schedule

Except for applications, all of the following activities are happening at the Randolph County 4H Fairgrounds. You are welcome to join in or just observe. **Masks are required** for all activities unless Covid-19 rules change. If you can help for any of these activities please call (765) 546-1180.

**December 13 & 14** 6:00-9:00 p.m. Pack boxes.

### **December 18** Distribute food baskets:

1<sup>st</sup> shift is 9am-12:30pm. Help is needed to transport the food to homes of those who are receiving. Other assistance is needed loading those vehicles.

2<sup>nd</sup> shift: 12:30 to 3:30-Help load cars of families picking up their food.

What a great way to give back this holiday season!



If you have any questions contact  
**765-546-1180**

# Upcoming Events



## SOUP N' SHARE

Monday, November 22, 2021  
6:00 PM at Randolph County Fairgrounds

Winter will be here before we know it, and who doesn't love to cuddle up and enjoy a great bowl of soup!?!

Come enjoy a variety of soups and bring your recipes to share and trade with others! Great opportunity to meet new people, chat with the new HHS educator, and share wonderful recipes!

**To Register:**

Call: 765-584-2271

Email: [robin389@purdue.edu](mailto:robin389@purdue.edu)



Looking forward to a great event!!

Please call the office or email me to register for the Soup N' Share!!



Winter will be here before we know it!!

If you are interested in walking indoors feel free to use Husted Hall here at the fairgrounds.

Just give us a call at 765-584-2271, to make sure there are no events going on that day.

Be on the look out for more information regarding the Get Walkin' Program soon!!

# Contact Information

**I am open to work with anyone and everyone, Extension Homemakers, community groups, businesses, schools, parents, teachers....the list goes on!**

**Is there a topic you would like to learn more about or provide a lesson? I would love to hear interest areas and new innovation program ideas!**



**If anyone is interested in offering programs or learning opportunities feel free to contact me!**

**Office: 765-584-2271**

**Email: [robin389@purdue.edu](mailto:robin389@purdue.edu)**



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Extension

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