

**November- December
2025**



**BOONE COUNTY
EXTENSION
HOMEMAKERS**



The **KALEIDOSCOPE**

A NEWSLETTER FOR EXTENSION HOMEMAKERS OF BOONE COUNTY, INDIANA



Boone County Extension Homemakers participated for the first time in the BCSSI Senior Expo with a booth where they shared info on joining BCEH.

MONTHLY QUOTE

“

“Holidays are a reminder
that life is meant to be
lived, experiences are
meant to be cherished and
memories are meant to be
made”

- Author Unknown

”

IN THIS ISSUE

- OFFICER UPDATES
- WREATHS ACROSS AMERICA INFO
- UPCOMING EVENTS



Fall 2025 Sewing Day!



Important Dates

November

- 6 Holiday Workshop –7:00 p.m.– Aud.
- 11 Veterans Day **
- 22 Holiday Bazaar 9:00 a.m.–4:00 p.m.
Witham Health Services Pavilion,
Centennial Hall 1 & Centennial Hall 2
- 27–28 Thanksgiving **

December

- 13 Wreaths Across America Distribution
- 24 County Holiday **
- 25 Christmas **
- 26 County Holiday

January

- 1 New Year's Day **
- 19 Martin Luther King, Jr. Day **
- 26 E. H. Council Meeting – DR
Refreshments at 6:00 p.m. (Home Cooking)
Meeting at 6:30 p.m.

February

- 16 Presidents Day **



**** Means that Purdue Extension Office is closed**



A MESSAGE FROM THE

PRESIDENT



The clocks have moved back an hour, the days are getting shorter, and the darkness is coming earlier. We still have much to do in the next few months... shop at the Holiday Bazaar; fill our tummies with delicious food; shop till we drop (or stay home and watch the football games); deck the halls with bows, lights, and ornaments; shopping, shopping, shopping; spend time with our families with lots of memories being made; visit with our friends over delicious desserts.

We are coming into the time of year where memories are made and new traditions are started. "Cherish your human connections: your relationships with friends and family" Barbara Bush, American First Lady.

Our sponsorship of Theater Thursday has come to an end for 2025. From May through October we welcomed over 100 senior citizens each month to the theater (our sponsorship cost was about \$150 a month – we provided bottled water and paid for part of the movie cost). From our presence – we had a husband & wife attend an Internet Safety program, at least 3 new exhibitors to the Open Show (and they won blue ribbons, they were so excited), and a woman came to the 'Learn about ZOOM' program. We will discuss the future sponsorship of Theater Thursday in early 2026...what are your thoughts on continuing this sponsorship?

During the Holiday Bazaar on Saturday, November 22nd BCEH will be collecting donations for the **Share the Bloom(ers)** state project. Look for the Christmas tree and add your new packaged diapers, socks and underwear – for all ages! Circle the date!!!! Saturday, December 13th...Wreaths Across America ceremony at noon in the Lebanon Memorial Park. We will be honoring and remembering the Boone County Veterans during this ceremony. Afterwards, we will be going to various cemeteries and laying the wreaths on our Veterans' graves, our goal this year is 500 wreaths. BCEH members and families are encouraged to participate on this Saturday. Look for the Wreaths Across America booth at the Holiday Bazaar to make your wreath sponsorship. Bottled water will be available for purchase to help with sponsoring more wreaths. You can get more information on our Facebook page, or by contacting Judi jaw_itw@yahoo.com or text 765-894-0468.

Volunteer Community Support Report Forms will be due February 1st to Linda Fahrenbach. You can track your hours on page 8 in your blue program book. This form will tally up all of the service hours you have accomplished from February 1, 2025– January 31, 2026. This information needs to be added to the Club and County Use form, which can be sent to you by Linda or Judi. Each club president should have received the membership roster for their club. Presidents, please verify each member's information. We have found that some new members are not listed correctly. Return this form to the Extension Office as soon as possible, with the updates.

Cultural Arts – I am asking for help in planning a day trip or activity for our members. Please share your thoughts with me, so a date can be added to the calendar.

Host A Hoosier – Boone County has been paired with Tippecanoe County to share events with other Homemakers. What can we offer to these ladies as a program, day trip, craft event, etc.? All ideas are welcome!

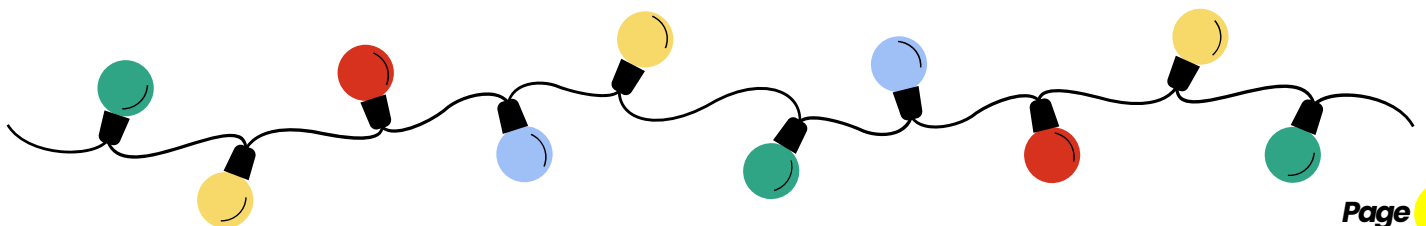
The year 2026 is the 250th Anniversary of the United States. Boone County has formed a committee to plan several events throughout 2026. BCEH wants to be involved with these events, so what can we do to celebrate the 250th? Put on your thinking cap for some fantastic ideas.

Please check out all of the upcoming events for the Fall and Winter. If you want to help with the planning of any events, let Judi or Pandora know asap.

'Some people come into our lives and quickly go. ...Some stay for awhile and leave footprints on our hearts, and we are never the same". Unknown

Judi Wilson 765-894-0468 jaw_itw@yahoo.com

Trust Endearing Achievements Mission
Belong Community Education Helpful



Hello Extension Homemakers,



I apologize for the extreme tardiness of this newsletter. These past couple months my cup has overflowed, my plate has been piled high and few balls have fallen during my juggling act. Welcome to parenthood, I guess. 😊 At the end of October we welcomed a 4 year old boy named Elliot into our homes. He is all boy and just so sweet. We have him enrolled in preschool and childcare and are on our way to creating a new normal for all of us.

On the work side, things haven't slowed down. I have completed 2 of the 3 Matter of Balance programs that the Indiana Health First Grant money covered (grant through the Boone County Health Department). The third program started the same week the first two programs ended. The Curb Your Urge to Splurge - Holiday Email Program is up and going and we added a Spanish and Haitian Creole version of the program this year. I had the great honor earlier this month of speaking to the Advisory Council for the Center for Families at Purdue about the Family Dinner Project grant that I received the spring and worked on with BCEH. The Advisory Council was thrilled with how BCEH and I partnered with Head Start to bring family meal time to local families. Thank you to those of you who helped with this! Because of my presentation I was asked to join the Advisory Council and will start that board position in January. Additionally, in December of this year I will take on the leadership roll of President of the Indiana Extension Educator Association, an organization that advocates for all Extension Educators in Indiana. This was a 4-year commitment that I took on 2 years ago, long before any of us knew that Extension would be where it is today. I look at this as a great opportunity to demonstrate positivity and resiliency in times of uncertainty. I know that the work Extension Educators do is impactful and I have faith that our history of impact and willingness to modernize and grow will be noticed in our communities and on campus.

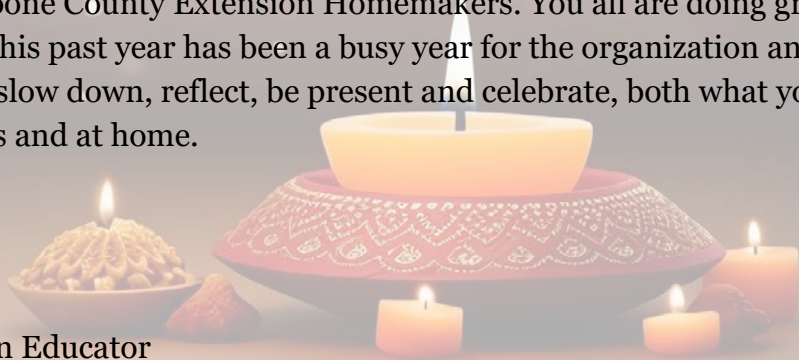
I look forward to life slowing down a bit after Thanksgiving and soaking in the magic of the season through Elliot's eyes. I hope that you also have time during the busy holiday season to stop and just be present in the moment and take it all in. Take in all that you have accomplished in 2025, the memories made, the lessons learned and new relationships built. We get so busy (me included) moving on to the next thing that we rarely take time to reflect and celebrate that which we have accomplished.

I am so honored to work along side Boone County Extension Homemakers. You all are doing great things for your community and each other. This past year has been a busy year for the organization and its members. Make sure to make time to slow down, reflect, be present and celebrate, both what you have accomplished in Extension Homemakers and at home.

Happy Holidays,

A handwritten signature in cursive script that reads 'Pandora'.

Health and Human Sciences Extension Educator
& BCEH Cheerleader



VOLUNTEER COMMUNITY SUPPORT REPORT

We had a great turnout for Sewing Day. We had 13 women all together, with 7 staying most of the day! We made 39 rice bags, 31 rice bag covers, 12 tote bags and 2 fleece blankets. And we had fun sewing and talking with one another! The rice bags and covers will go to The Boone County Cancer Society for their You're Not Alone Project. The tote bags and fleece blankets will go to Riley children's Hospital and to the Head Start Program. Mark your calendars! Our next Sewing Day will be Tuesday March 3, 2026. A BIG thank you to all who came! You make a difference!

Threads for Compassion Shawls - If you would like to knit a shawl, the Donor Network gave me some yarn to use. Call the office to let me know that you would like the yarn. For more information and patterns go to the Extension Homemakers website -

<https://extension.purdue.edu/county/boone/hhs/bceh.html>. The patterns are located at: https://indianadonornetwork.org/wp-content/uploads/2020/09/AC-KnittingInstructions.pdf?_ga=2.188635693.401820999.1761835464-1973470315.1761244773.

You can also knit a rectangular shawl and turn in the receipt for reimbursement. You can use any pattern as long as it is rectangular and 24-34" wide and 65-70" long. I brought 8 shawls to the Organ Donor Network recently. They were very thankful. Thank you to all who have participated in this important project.

Hope you have a wonderful Fall and Thanksgiving!

Linda Fahrenbach



Marketing REPORT

Exciting News took place in the month of September for the Boone Co. Extension Homemakers on our social media platform!! The BCEH launched BCEH_Indiana on Instagram!!! The BCEH is growing faster than ever on Social Media so it only made sense to add NOW BCEH_Indiana on INSTAGRAM!!!! You can now follow the Boone Co. Extension Homemakers at BECH_Indiana on Instagram!

With the joining of Instagram as a tool for the BCEH to reach our community and surrounding area in Indiana and the United States, we are now averaging around 31,000+ views monthly without making posts daily! This is huge for the BCEH because it means our platforms are now working for us when we are not posting daily. However, this still means I would love to have photos and stories from BCEH clubs and our members to share with our community! You can always email, txt or call the office to make sure a story makes its way to our marketing team!

Since launching the BCEH_Indiana on Instagram, we have 17 followers and have received over 538+ views in the first month!! That is HUGE with only 17 followers as of today. Our followers are around 66.4% of the views and with around 33.6% are non-followers of people visiting and reviewing our new Instagram page! Once the BCEH reaches 100 followers it will unlock more opportunities for us to reach others on the platform! Please share away with your clubs, members, family and friends that we NOW HAVE INSTAGRAM!!!

Sharing is Caring!

Our Marketing team is looking to help more local non-for-profits spread the word on the Boone County Extension Homemakers Social Media platforms.

The BCEH would like to help your non-for-profit spread the word in our "Sharing is Caring" posts that take place daily/weekly/monthly.

Are you a non-for-profit trying to spread the word about your local event, fundraiser and/or more in the Boone County, Indiana area and/or local Indiana County? Let the BCEH help you spread the word about your non-for-profit today! Send our Social Admin Team a message on Social Media via the platform with details and flyer where we will showcase your non-for-profit in our Sharing is Caring promotions if approved to help your organization spread the word!

Lets help each other by Sharing is Caring today!

Marketing REPORT *Continued*

Shoutouts on Social Media:



IEHA Week

Oct 20-24

Katie put together a fun marketing plan for IEHA Week this year. It included “Catch the Crazy Elf” to market the Holiday Bazaar and “Member Appreciation” posts to celebrate our members.

Catch the Crazy Elf

4 of the 5 winners!



Member Appreciation



SHARE SOME BLOOM(ER)S

SHARE SOME BLOOM(ER)S this year during the Boone County Extension Homemakers 2025 Holiday Bazaar

Help the Boone County Extension Homemakers help those in need this year during our "Share some Bloom(er)s Drive".

In our country, charitable efforts usually focus on extreme or obvious needs, such as hunger, housing, and medical care. While clothing donations are often made, most charitable organizations do not accept used underwear, and new underwear doesn't usually make the list. The Boone County Extension Homemakers are asking for help to make a difference in underwear insecurity--the lack of sufficient, clean and size appropriate underwear. It's a problem with not only children, but adults, as well.

Poverty can play a role--when people are struggling to pay rent or utilities and put food on the table, underwear becomes a luxury item. Children in poverty often have hand-me-downs, shared undies or no undies at all. Homelessness and mental illness can also be a factor for many adults and children. Underwear insecurity can cause issues with confidence self-esteem and dignity--something everyone deserves.

HOW CAN YOU MAKE A DIFFERENCE?

Donation Items:

Underwear all sizes toddler-adults

Diapers all sizes newborn-adults

Socks all sizes

During the Boone County Extension Homemakers 2025 Holiday Bazaar bring your new underwear, panties, and/or socks to one of our drop off locations, located in the Witham Building in the Beehive by the Christmas Tree.

Boone Co. 4-H Fairgrounds address: 1300 E 100 S Lebanon, IN 46052

****Donated items may be given to local organizations, shelters, crisis centers, mental health facilities, pantries, and etc.--anywhere in our community that is in need.**

*****If your organization is in need of underwear donations, please let us know so we can distribute them to the appropriate organizations.**



SHARE SOME BLOOM(ER)S *Update*

The Boone County Extension Homemakers are excited to announce that we were able to partner with Guardian Care for our Share Some Bloomers drive in the month of October! The BCEH donated; 3 cases of Under Pads for beds, 6 cases of Adult Underwear/Depends, 2 cases of premium washcloths and 7 packages of small size adult diapers. Guardian Care will be passing these items out to those in need in our community and in the surrounding areas of our state. Lets keep helping those in need in our community and surrounding communities by donating on November 22nd during the BCEH Holiday Bazaar!



**HOMEMAKERS HELPING
TEACHER**

Grant Program, for 12 Boone County, Indiana Teachers!

Teachers could receive a \$100 grant to support classroom needs such as curriculum, supplies, and educational resources. August 2025-May 2026!

extension.purdue.edu/county/boone/hhs/bceh.html

The graphic also features a logo for IEHA (Indiana Extension Homemakers Association) on the right, which includes a silhouette of a family (two adults and a child) under a house roof. At the bottom, a cartoon illustration shows a female teacher with glasses and a ponytail pointing towards the right, while a group of diverse students sits around a table with a globe, books, and a laptop, looking engaged in their work.

OPEN SHOW

The 2025 Boone County Extension Homemakers Open Show was bursting with color, creativity, and hometown pride! Held inside the Boone County Farm Bureau Inc. Community Building during the Boone County 4-H Fair, the event ran alongside fair week from July 23-26 and showcased everything from homemade pies and quilts to photography and fine art.

With six departments-Fine Arts, Culinary, Photography, Flower & Garden, Needle Arts & Sewing, and Arts, Crafts & Hobbies-there was truly something for everyone. Nearly 900 entries poured in from all ages and experience levels, creating a lively mix of competition and community spirit. The popular "Creative Cookery" category even let fair-goers sample treats after judging! This year's Bake Auction was a tremendous success and fundraiser, and the Decorated Pillowcase Contest once again drew enthusiastic participation.

A huge thank-you and shout-out goes to all the department chairs who work tirelessly year-round to make the Open Show and the entire festival a success. Your dedication and behind-the-scenes work keep this community tradition thriving! An equally big thank-you goes to all the exhibitors, who poured their passion and creativity into each and every entry-you make the show shine!

The event wrapped up Saturday evening with photos and applause for the Sweepstakes winners, celebrating the skill and imagination that make Boone County so special. Whether you came to compete, learn, or just admire, the 2025 Open Show proved once again that local talent and tradition are alive and well in Boone County. We're already dreaming up next year's show-so dust off your paintbrushes, polish those pie tins, and start planning your entries for 2026!

WREATHS *across* AMERICA



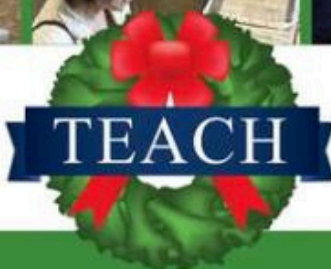
WREATHS *across* AMERICA

The Wreaths Across America **TEACH** Program offers FREE, tailored lesson plans for all age groups and grades! Public, private, and homeschooling teachers of all grade levels are welcome and encouraged to browse and download the lesson plans designed to teach history, develop patriotism and pride, and encourage civic involvement.

<https://wreathsassamerica.org/Home/News/1345>



DOWNLOAD
FREE
CURRICULUM



WREATHS
across
AMERICA

SERVICE-BASED LEARNING PLANS
DEVELOPED BY A LONGTIME EDUCATOR
AND GOLD STAR MOTHER



WREATHS *across* AMERICA

REMEMBER the Fallen. . . **HONOR** those who Serve. . . **TEACH** our children

Wreaths Across America (WAA) is a non-profit charity organization based in Columbia Falls, Maine, dedicated to honoring America's fallen military personnel and teaching future generations about the sacrifices made. Their mission involves placing wreaths on veterans' graves in cemeteries nationwide. You can now be a part of this wonderful event locally....



Oak Hill Cemetery—December 2024
Lebanon, IN

Date: Saturday, December 13, 2025

Time: Noon

Place: Lebanon Memorial Park
Boone County Veterans Memorial

What: Wreath Laying Ceremony*

*Will disperse after ceremony to different cemeteries in Boone County to lay wreaths

SPONSOR

Please help the Boone County Extension Homemakers to honor and remember as many Boone County fallen heroes as possible.

3 ways to sponsor:

- Orders can be mailed or dropped off:
Purdue Extension Office Of Boone County
"Attn BCEH Wreaths"
Boone County Fairgrounds, 1300 E 100S
Lebanon, IN 46052.
- Order on Website:
wreathsasscrossamerica.org/IN0211
- Scan Code on your phone:

\$17 per Wreath



"The secret of happiness is freedom, and the secret of freedom is courage..." Thucydides

VOLUNTEER

Contact

Wendy Sloman

- Email: wssloman@aol.com
- Cell: 317.446.3053

Judi Wilson

- Email: jaw_ltw@yahoo.com
- Cell: 765.894.0468

GOAL is to lay 500 Wreaths on the graves of Veterans who **CHOSE** to be buried here... at home... in Boone County. **JOIN US in honoring their service**



WREATHS *across* AMERICA

Grave Specific Wreath Sponsorship Order Form

Sponsored wreaths are placed on veterans' grave markers at cemeteries nationwide each December for National Wreaths Across America Day. Your donation ensures a wreath is placed to honor one or more veterans at the participating location of your choice. **Thank you for supporting our mission to REMEMBER, HONOR, and TEACH!**

All sponsored veteran wreaths are shipped directly to the location selected by the sponsor on this form. Wreaths are not shipped to individual wreath sponsors.

Each individual wreath sponsorship is \$17.



Checks Payable to Boone County Extension Homemakers

YOUR NAME	
PHONE #	
EMAIL ADDRESS	
MAILING ADDRESS	

FULL NAME OF VETERAN	
Branch of Service	
Cemetery Name & City	
Location in Cemetery – Section, Lot, Etc.	

Please complete this form and mail it with your check to our address below, sponsoring online or by scanning the QR code.

Purdue Extension Office of Boone County

“Attn BCEH Wreaths”

Boone County Fairgrounds, 1300 E 100S, Lebanon, IN 46052

MARCIA'S RETIRING!

LAST DAY January 30, 2026!

Join the Card Train!!

Help us celebrate 26 amazing
years of Marcia's dedication
to Purdue Extension–Boone
County and 4-H!

Drop off or send a card to
share your thanks, memories,
and best wishes as she heads
into retirement.

Marcia is in the office Tuesday–Thursday, so
plan to stop by then — or mail your card to:
Purdue Extension–Boone County
1300 E. 100 S., Lebanon, IN 46052



HOLIDAY FEST

Friday, December 5, 2025

9:00 a.m. – 3:00 p.m.

**Hendricks County Conference Center
4-H Fairgrounds**

**Hendricks Power Expo Hall
1900 East Main Street Danville, IN 46122**

FREE ADMISSION

Cookie Walk

*Homemade cookies for sale.
Sales begin at 9:00 a.m.*

Hot Cocoa Booth

*Hot cocoa and individual Santa
cookies for sale.*

Craft Booths and Entertainment

*Select unique holiday gifts from many vendors with free gift wrapping available.
Enjoy holiday music from the Homemaker's Chorus. Visit with Mrs. Claus.*

Lunch Served 11 a.m. – 1 p.m.

**Chicken and Noodles!!
Vegetable Soup, Hot Dogs, Cones**

For more information contact the Extension Office at 317-745-9260.

Sponsored by

**Hendricks County Extension Homemakers and
Hendricks Power Cooperative**



Making Holiday Gatherings Memorable

Game from The Family Dinner Project

Here's how to play:

1. Someone asks a question that starts with "Would you rather..." and gives two choices.
2. Example: "Would you rather be able to fly or be invisible?"
3. Each player picks one of the options. There are no right or wrong answers — just choose the one you like best.
4. Players can explain why they chose their answer (optional, but it makes the game more fun and helps start conversations).
5. Take turns asking new questions so everyone gets a chance to pick and answer.



Would you rather eat only turkey, or only mashed potatoes, for an entire year?

Would you rather get a gift you don't like, or give a gift someone else doesn't like?

Would you rather celebrate Thanksgiving on the moon, or on Mars?

Would you rather take a bath in cranberry sauce or gravy?

Would you rather watch a parade, or perform in one?

Would you rather be a grown-up at the kids' table, or a kid at the grown-ups' table?

Would you rather say thanks, or be thanked?

Would you rather listen to holiday music nonstop for 24 hours, or dress like a turkey in public?

Would you rather gobble like a turkey when you speak, or sweat gravy?

Would you rather sprout feathers or fur over your whole body?

Would you rather it snowed inside, or have leaves continuously fall on your bed?

Would you rather go to school in a boat or a sleigh?

Would you rather be wrapped inside a present, or stuffed inside a snowman?

Would you rather eat a mashed potato sundae, or ice cream with gravy?

Would you rather wear an ugly sweater every day for a year, or wear antlers in every school photo?

Would you rather make Thanksgiving dinner for 100 people, or buy and wrap gifts for 100 people?

Would you rather have an annoying holiday song stuck in your head, or have to sing one in public?

Would you rather eat Thanksgiving dinner, or watch the same holiday movie, every day for a week?

Would you rather eat pumpkin pizza or pepperoni pie?

Would you rather have candy cane fingers or be made of gingerbread?

How to Cut Food Waste and Maintain Food Safety



Practice habits that are good for your health, your wallet, and the environment!

Food safety is a major concern. The Centers for Disease Control and Prevention (CDC) estimates that there are about 48 million cases of foodborne illness annually – the equivalent of sickening 1 in 6 Americans each year. And each year these illnesses result in an estimated 128,000 hospitalizations and 3,000 deaths.

Food waste is also a major concern. Wasted food is a huge challenge to our natural resources, our environment, and our pocketbooks:

Our resources? Each year getting food to U.S. tables requires:

- 80 percent of our freshwater,
- 10 percent of our available energy, and,
- Half of our land.

The environment? Organic waste, mostly food, is the second biggest component of landfills, and landfills are the third largest source of methane emissions. Methane is a major factor in global warming because it is so effective at absorbing the sun's heat, which warms the atmosphere.

And, finally, our pocketbooks: Between 30 and 40 percent of food in the United States goes uneaten – as much as 20 pounds of food per person per month. That means Americans are throwing out the equivalent of \$165 billion in food each year.

How Food Waste and Food Safety Are Connected

The major sources of food waste in the United States are the food industry and consumers. Within the food industry, waste occurs at every step — on the farm and with packers, processors, distributors, and retailers. Some of it is the result of economic forces, some of management problems, and some is caused simply by dumping products that are less than perfect in appearance.

But food waste by consumers may often result from fears about food safety caused by misunderstanding of what food product dating actually means, along with uncertainty about storage of perishable foods.



WARNING: If food is obviously spoiled – it's abnormally soft, discolored, moldy, or has a strong unpleasant smell – **discard it**, no matter how properly or how short a time it has been stored.

What are Food Product Dates?

Many consumers misunderstand the purpose and meaning of the date labels that often appear on packaged foods. Confusion over date labeling accounts for an estimated 20 percent of consumer food waste.

Except for infant formula, manufacturers are not required by Federal law or regulation to place quality-based date labels on packaged food.

There are no uniform or universally accepted descriptions used on food labels for open dating (calendar dates) in the United States. As a result, there are a wide variety of phrases used for product dating.

FDA supports efforts by the food industry to make “Best if Used By” the standard phrase to indicate the date when a product will be at its best flavor and quality. Consumers should examine foods for signs of spoilage that are past their “Best if used by” date. If the products have changed noticeably in color, consistency or texture, consumers

may want to avoid eating them. If you have questions or concerns about the quality, safety and labeling of the

packaged foods you buy, you are encouraged to reach out to the company that produced the product.

Many packaged foods provide the company’s contact information on the package.

Manufacturers apply date labels at their own discretion and for a variety of reasons. The most common is to

inform consumers and retailers of the date to which they can expect the food to retain its desired quality and flavor.

Industry is moving toward more uniform practices for date labeling of packaged foods. But, for now, consumers

may see different phrases used for product dating, such as Sell By, Best By, Expires on, etc.

may see different phrases used for product dating, such as Sell By, Best By, Expires on, etc.

Where to Learn How Best to Store Perishables and How Long They Will Keep Safely



The **FoodKeeper**, developed cooperatively by the U.S. Department of Agriculture, Cornell University and the Food Marketing Institute, is a complete guide to how long virtually every food available in the United States will keep in the pantry, in the refrigerator, and in the freezer. The Fresh Fruits section, for example, covers apples (3 weeks in the pantry, 4 – 6 weeks in the fridge, and — only if cooked — 8 months in the freezer)

to pomegranates (2 – 5 days pantry, 1 – 3 months fridge, and 10 – 12 months freezer). The Meat, Poultry and Seafood sections are equally complete, and include smoked as well fresh products.

Access the **FoodKeeper** or download it as a mobile application:

- For Android devices — <https://play.google.com/store/apps/details?id=gov.usda.fsis.foodkeeper2&hl=en>
- For Apple devices — <https://itunes.apple.com/us/app/usda-foodkeeper/id978186100?mt=8>



The Refrigerator & Freezer Storage Chart on page 4 includes safe storage times for many widely-used foods.

More Ways to Avoid Wasting Food

- Be aware of how much food you throw away.
- Don’t buy more food than can be used before it spoils.
- Plan meals and use shopping lists. Think about what you are buying and when it will be eaten. Check the fridge and pantry to avoid buying what you already have.
- Avoid impulse and bulk purchases, especially produce and dairy that have a limited shelf life. Promotions encouraging purchases of unusual or bulk products

often result in consumers buying foods outside their typical needs or family preferences, and portions — potentially large portions — of these foods may end up in the trash.

- When eating out, become a more mindful eater. If you're not terribly hungry request smaller portions. Bring your leftovers home and refrigerate or freeze them within two hours, and check the Food Keeper to see how long they'll be safe to eat.
- Check the temperature setting of your fridge. Use a refrigerator thermometer to be sure the temperature is at 40° F or below to keep foods safe. The temperature of your freezer should be 0° F or below.
- Avoid "overpacking:" Cold air must circulate around refrigerated foods to keep them properly chilled.
- Wipe up spills immediately: It not only reduces the growth of Listeria bacteria (which can grow at refrigerator temperatures), cleaning up spills — especially drips from thawing meats — will help prevent "cross-contamination," where bacteria from one food spread to another.
- Keep it covered: Store refrigerated foods in covered containers or sealed storage bags, and check leftovers daily for spoilage.
- Refrigerate peeled or cut veggies for freshness and to keep them from going bad.
- Use your freezer! Freezing is a great way to store most foods to keep them from going bad until you are ready to eat them. The **FoodKeeper** has information on how long most common foods can be stored in the freezer.
- Check your fridge often to keep track of what you have and what needs to be used. Eat or freeze items before you need to throw them away.
- To keep foods safe when entertaining, remember the 2-Hour Rule: don't leave perishable foods out at room temperature for more than two hours, unless you're keeping hot foods hot and cold foods cold. If you're eating outdoors and the temperature is above 90° F, perishable foods shouldn't be left out for more than one hour.



About Foodborne Illness

Know the Symptoms

Consuming dangerous foodborne bacteria will usually cause illness within 1 to 3 days of eating the contaminated food. However, sickness can also occur within 20 minutes or up to 6 weeks later. Although most people will recover from a foodborne illness within a short period of time, some can develop chronic, severe, or even life-threatening health problems.

Foodborne illness can sometimes be confused with other illnesses that have similar symptoms. The symptoms of foodborne illness can include:

- Vomiting, diarrhea, and abdominal pain
- Flu-like symptoms, such as fever, headache, and body ache

Take Action

If you think that you or a family member has a foodborne illness, contact your healthcare provider immediately. Also, report the suspected foodborne illness to FDA in either of these ways:

- Contact the Consumer Complaint Coordinator in your area. Locate a coordinator here: <http://www.fda.gov/Safety/ReportaProblem/ConsumerComplaintCoordinators>
- Contact MedWatch, FDA's Safety Information and Adverse Event Reporting Program:
By Phone: 1-800-FDA-1088
Online: File a voluntary report at <http://www.fda.gov/medwatch>

REFRIGERATOR & FREEZER STORAGE CHART

These short but safe time limits will help keep refrigerated food 40° F (4° C) from spoiling or becoming dangerous. Since product dates aren't a guide for safe use of a product, consult this chart and follow these tips.

- Purchase the product before "sell-by" or expiration dates.
- Follow handling recommendations on product.
- Keep meat and poultry in its package until just before using.
- If freezing meat and poultry in its original package longer than 2 months, overwrap these packages with airtight heavy-duty foil, plastic wrap, or freezer paper; or place the package inside a plastic bag.

Because freezing 0° F (-18° C) keeps food safe indefinitely, the following recommended storage times are for quality only.

Product	Refrigerator	Freezer
Eggs		
Fresh, in shell	3 - 5 weeks	Don't freeze
Raw yolks, whites	2 - 4 days	1 year
Hard cooked	1 week	Don't freeze
Liquid pasteurized eggs or egg substitutes,		
opened	3 days	Don't freeze
unopened	10 days	1 year

TV Dinners, Frozen Casseroles

Keep frozen until ready to heat 3 - 4 months

Deli & Vacuum-Packed Products

Store-prepared (or homemade) egg, chicken, tuna, ham, macaroni salads	3 - 5 days	Don't freeze
Pre-stuffed pork & lamb chops, chicken breasts stuffed w/dressing	1 day	Don't freeze
Store-cooked convenience meals	3 - 4 days	Don't freeze
Commercial brand vacuum-packed dinners with USDA seal, unopened	2 weeks	Don't freeze

Raw Hamburger, Ground & Stew Meat

Hamburger & stew meats	1 - 2 days	3 - 4 months
Ground turkey, veal, pork, lamb	1 - 2 days	3 - 4 months

Ham, Corned Beef

Corned beef in pouch with pickling juices	5 - 7 days	Drained, 1 month
Ham, canned, labeled "Keep Refrigerated,"		
unopened	6 - 9 months	Don't freeze
opened	3 - 5 days	1 - 2 months
Ham, fully cooked, whole	days 3 - 5	1 - 2 months
Ham, fully cooked, half	days 3 - 4	1 - 2 months
Ham, fully cooked, slices	days	1 - 2 months

Hot Dogs & Lunch Meats (in freezer wrap)

Hot dogs,		
opened package	1 week	1 - 2 months
unopened package	2 weeks	1 - 2 months
Lunch meats,		
opened package	3 - 5 days	1 - 2 months
unopened package	2 weeks	1 - 2 months

Product	Refrigerator	Freezer
Soups & Stews		
Vegetable or meat-added & mixtures of them	3 - 4 days	2 - 3 months

Bacon & Sausage

Bacon	7 days	1 month
Sausage, raw from pork, beef, chicken or turkey	1 - 2 days	1 - 2 months
Smoked breakfast links, patties	7 days	1 - 2 months

Fresh Meat (Beef, Veal, Lamb, & Pork)

Steaks	3 - 5 days	6 - 12 months
Chops	3 - 5 days	4 - 6 months
Roasts	3 - 5 days	4 - 12 months
Variety meats (tongue, kidneys, liver, heart, chitterlings)	1 - 2 days	3 - 4 months

Meat Leftovers

Cooked meat & meat dishes	3 - 4 days	2 - 3 months
Gravy & meat broth	1 - 2 days	2 - 3 months

Fresh Poultry

Chicken or turkey, whole	1 - 2 days	1 year
Chicken or turkey, parts	1 - 2 days	9 months
Giblets	1 - 2 days	3 - 4 months

Cooked Poultry, Leftover

Fried chicken	3 - 4 days	4 months
Cooked poultry dishes	3 - 4 days	4 - 6 months
Pieces, plain	3 - 4 days	4 months
Pieces covered with broth, gravy	3 - 4 days	6 months
Chicken nuggets, patties	3 - 4 days	1 - 3 months

Fish & Shellfish

Lean fish	1 - 2 days	6 - 8 months
Fatty fish	1 - 2 days	2 - 3 months
Cooked fish	3 - 4 days	4 - 6 months
Smoked fish	14 days	2 months
Fresh shrimp, scallops, crawfish, squid	1 - 2 days	3 - 6 months
Canned seafood	after opening	out of can
(Pantry, 5 years)	3 - 4 days	2 months

2026 Newsletter Deadlines

If you have information you would like put into future Kaleidoscope editions please see the deadlines for submissions below. Information must be submitted to Pandora Taylor pandora@purdue.edu and Kerry Luchetta kluchett@purdue.edu.

January/February Edition Deadline: December 15th

March – May Edition Deadline: February 15th

June – August Edition Deadline May 15th

September/October Edition Deadline: August 15th

Nov/December Deadline: October 15th



Need to look something up from a past issue of the Kaleidoscope?

Past issues from 2024 and 2025 can be found on the Boone County Extension Homemakers webpage on the Purdue Extension- Boone County website.

<https://extension.purdue.edu/county/boone/hhs/bceh.html>