

Heart Lines.....Your link to Purdue Extension
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Health & Human Sciences

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**November
2021**



**Happy
Thanksgiving!**

***A Thanksgiving
Poem***

May your stuffing be
tasty,
May your turkey
plump,
May your potatoes
and gravy have nary
a lump.
May your yams be
delicious and your
pies take the prize,
and may your
Thanksgiving dinner
stay off your thighs!

**Extension Homemakers Presidents
Council Meeting**

November 3, 2021 - 11:30 a.m.

Committee Meetings - Spring Event Committee - 10:30 a.m.

Achievement Day Committee - 10:30 a.m.

International Day Committee - 10:30 a.m.

Women's Health Day - 10:30 a.m.



Dates for Your Calendar

Council Meetings:

Wed Feb 2, 2022..And. First United Methodist Church -11:30 am
Wed May 4, 2022..... 4-H Bldg. Carry In - 10:30 am

Executive Board Meetings: Extension Office

Wed. Jan 12, 2022.....10:00 am
Wed. April 13, 2022.....10:00 am
Wed. June 15, 2022..... 10:00 am

District Meetings:

Wednesday, March 24, 2022 Fayette County

County Events:

International Day.....March 16
Quilt Seminar.....March 26
Spring EventApril 20
ACWW Walk April 23
Women's Health Day..... May 11
Home & Family Conference (2022).....June 1-4
Achievement Day.....June 16
Madison County 4-H Fair.....July 17-23



President's Note:

Hello, my favorite homemakers and way makers! Wasn't it just wonderful to be together and enjoy one another's beautiful souls at our Craft Expo! Thank you so much, Kay Smith and your committee, for all your work and commitment for making Craft Expo happen this year. Susan Shuter and her kitchen team were awesome! Always remember to share with others and invite them to join a club. We were able to also chat up 4H to some youth that attended the event.

The executive board is still looking for someone to fill our vice president seat. It is a position that is needed as we move forward in the upcoming years. Always remember that many hands make light work. We have so many wonderful workers in our organization. Please contact any of our board members if you or someone you know are interested in stepping up.

I am in the process of scheduling times to visit and read to the kiddos at Headstart with 1st Books. If you are interested in joining me and reading, please call me as soon as possible. Be sure to leave a message if I don't answer. My goal is to do this before Thanksgiving break.

As you read this, Halloween is past and we look forward to Thanksgiving. During the coming days, be mindful of those who may have empty chairs around the table. Send cards, messages or give someone a call just to say you're thinking of them. Remembering is part of the healing journey.

Thank you, friends!
Have courage. BE KIND
Kimberly Powless
Madison County President

Your smile is a reason for many others to smile.~Winnie the Pooh



Hi my name is Carrie Gruwell, and I am pleased to be the new 4-H Secretary at Purdue Extension – Madison County. I am originally from Colorado, but after meeting my husband David, we moved to Indiana. Now, after more than 20 years here we are proud to call Indiana our home.

We share our home with two miniature Dachshunds, Abbie and Ellie. Though I love all animals I am a Dachshund fanatic.

David and I have two daughters and four grandchildren all in Colorado. We are blessed to be able see them often thanks to the internet.

I love the arts and everything related, including performing, exhibits, and attending classes in painting and fiber arts. I also enjoy gardening, camping, hiking and about anything related to the outdoors.

I look forward to meeting and working with everyone. I am excited to be a part of the team!

Educator Note:

Did you know November is National Diabetes Month?

According to the Center for Disease Control, over 34 million people residing in the United States have diabetes, and 1 in 5 of them don't know they have it. That does not include the 88+ million adults in the United States who have prediabetes (84% of these adults do not know they have prediabetes).

It is common for people to ask "what is the difference between type 1 and type 2 diabetes?" Type 1 diabetes can occur at every age to any person. When someone has type 1 diabetes, it means their body does not produce insulin. This is a condition that can be managed and it is possible to live a normal life.

The most common form of diabetes, type 2 diabetes, means your body does not use insulin properly. It is possible for people with type 2 diabetes to control their blood sugar by maintaining a healthy diet and implementing exercise. Others with type 2 diabetes may need medication or insulin.

The American Diabetes Association has developed a 60 second test to learn your risk. You can find that test at: <https://www.diabetes.org/risk-test>

Remember, if you have any concerns or questions please consult your health care professionals.

Fun fact: November is also National Banana Pudding Lovers month!

Check out this recipe from Purdue Extension's Nutrition Education Program –

Tofu Banana Pudding

Ingredients:

- 16 ounces silken tofu
- 3 ripe bananas (mash 2, slice 1)
- 2 tablespoons sugar
- 1 teaspoon vanilla

Directions:

1. Combine tofu, 2 mashed bananas, sugar, and vanilla. Blend until smooth.
 2. Pour into a serving bowl or dishes.
 3. Cover and refrigerate until chilled. Top with sliced banana just before serving.
- Refrigerate leftovers within 2 hours.

Visit <https://www.eatgathergo.org/recipe/tofu-banana-pudding/> for nutrition info.



Resources: <https://www.diabetes.org/> & <https://www.cdc.gov/diabetes/basics/quick-facts.html>

Happy Thanksgiving!

Dannielle

USDA's Five Tips for a Food Safe Thanksgiving

To avoid making everyone at the table sick, the U.S. Department of Agriculture's (USDA) Food Safety and Inspection Service (FSIS) offers five tips for a food safe Thanksgiving:

Tip 1: Don't Wash That Turkey.

According to the most recent Food Safety Survey, conducted by the Food and Drug Administration, 68 percent of the public washes whole turkey before cooking it. USDA does not recommend washing raw meat and poultry before cooking. Washing raw meat and poultry can cause bacteria to spread up to three feet away. Cooking (baking, broiling, boiling, frying or grilling) meat and poultry to the right temperature kills any bacteria that may be present, so washing meat and poultry is not necessary.

Tip 2: Use the refrigerator, the cold-water method or the microwave to defrost a frozen turkey.

There are three safe ways to defrost a turkey: in the refrigerator, in cold water and in the microwave oven. Thawing food in the refrigerator is the safest method because the turkey will defrost at a consistent, safe temperature. It will take 24 hours for every 5 pounds of weight for a turkey to thaw in the refrigerator. To thaw in cold water, submerge the bird in its original wrapper in cold tap water, changing the water every 30 minutes. For instructions on microwave defrosting, refer to your microwave's owner's manual. Cold water and microwave thawing can also be used if your bird did not entirely defrost in the refrigerator.

Tip 3: Use a meat thermometer.

The only way to determine if a turkey (or any meat, poultry or seafood) is cooked is to check its internal temperature with a food thermometer. A whole turkey should be checked in three locations: the innermost part of the thigh, the innermost part of the wing and the thickest part of the breast. Your thermometer should register 165°F in all three of these places. The juices rarely run clear at this temperature, and when they do the bird is often overcooked. Using the food thermometer is the best way to ensure your turkey is cooked, but not overdone.

Tip 4: Don't store food outside, even if it's cold.

Storing food outside is not food safe for two reasons. The first is that animals, both wild and domesticated, can get into food stored outside, consuming it or contaminating it. The second is temperature variation. Just like your car gets warm in the summer, a plastic food storage container in the sun can heat up and climb into the danger zone (above 40°F). The best way to keep that extra Thanksgiving food at a safe temperature (below 40°F) is in a cooler with ice.

Tip 5: Leftovers are good in the refrigerator for up to four days.

Cut the turkey off the bone and refrigerate it as soon as you can, within 2 hours of the turkey coming out of the oven. Leftovers will last for four days in the refrigerator, so if you know you won't use them right away, pack them into freezer bags or airtight containers and freeze. For best quality, use your leftover turkey within four months. After that, the leftovers will still be safe, but can dry out or lose flavor.

Want additional food safety tips

If you have questions about your Thanksgiving dinner, you can call the USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854) to talk to a food safety expert. Last November they answered more than 3,000 calls about Thanksgiving dinner. You can also chat live with a food safety expert at [AskKaren.gov](https://www.askskaren.gov), available from 10:00 a.m. to 4:00 p.m. ET, Monday through Friday, in English and Spanish.

If you need help on Thanksgiving Day, the Meat and Poultry Hotline is available from 8:00 a.m. to 2:00 p.m. ET. Consumers with food safety questions can visit [FoodSafety.gov](https://www.foodsafety.gov) to learn more about how to safely select, thaw and prepare a turkey. For more Thanksgiving food safety tips, follow FSIS on Twitter, [@USDAFoodSafety](https://twitter.com/USDAFoodSafety), or on Facebook, at [Facebook.com/FoodSafety.gov](https://www.facebook.com/FoodSafety.gov).

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