



## Information to Improve the Selection and use of Foods In Your Home

Fall 2009 - Vol. 2

### HEALTHY EATING DURING COLD AND FLU SEASON

As the weather becomes colder and we stay indoors more, people often catch colds or other viruses. The cold and flu season can begin as early as October and usually ends sometime in April. While there is no way to cure the common cold or the flu, healthy eating during cold and flu season can help you avoid getting sick.

#### Foods that may boost immune system

Researchers are finding positive links between immune function and components in food. If you or your kids seem to get one cold after another, you'll want to make sure they eat plenty of immune building foods. Garlic may boost your **immune system**, increasing resistance to infection and stress. To get the immune power from garlic, crush the cloves with the flat side of a knife before adding them to your food. This releases the garlic juice, which has great immune properties.

Cheese and other dairy products contain conjugated linoleic acid, a natural component of dairy fat w has boosted immune response in animal studies. Yogurt and other cultured milk products contain probiotics, a beneficial bacterial with immune-boosting benefits. Also check milk product labels for vitamin D. Early research suggests low levels of vitamin D may be linked to a seasonal increase in colds and flu and a higher incidence of respiratory infections. Vitamin C, found in citrus fruits and juices, may also help the body's immune system. Zinc, found in meat, chicken, peanuts and peanut butter, plays an important role in the proper functioning of the immune system in the body.

**Foods that heal** Fresh ginger root can help you when you are sick by inducing sweating and decreasing nausea and diarrhea. Make ginger tea by grating one ounce of fresh ginger in a pint of water. Cover and simmer for 10 minutes. Add lemon and honey to taste. Chicken soup and warm beverages help alleviate cold symptoms. Of course, the taste and wonderful aroma of chicken soup may be an important part of the beneficial effects. Healthy eating during cold and flu season means getting the daily requirement of essential vitamins and minerals by eating a balanced diet that contains a variety of foods from all food groups.

**Keeping the germs away** The most important thing you can do to keep from getting sick is to wash your hands. A common way to catch a cold is by rubbing your nose or eyes, so to protect against infection wash your hands frequently. Your hands pick up germs from other people or from contaminated surfaces and hand washing prevents you from infecting yourself with the germs. Use warm water, soap and wash for several minutes for best results.

**Boost your immune system** Even when your hands are clean, staying healthy means more than simply avoiding germs. Healthy bodies have an easier time fighting off infection. To stay healthy and boost your immune system: Get plenty of rest, eat a well-balanced diet, exercise regularly, and decrease stress.



### WORD WISE

The **immune system** is a network of cells, tissues, and organs that work together to defend the body against attacks by "foreign" invaders. The human body provides an ideal environment for many microbes or "foreign invaders". It is the immune system's job to keep them out or, failing that, to seek out and destroy them.

Source: Center for Disease Control



### Happy 40th Birthday to EFNEP!!!

Expanded Food Nutrition Program (EFNEP) celebrated its 40th Birthday in October. The Expanded Food and Nutrition Education Program (EFNEP) is designed to assist limited resource audiences in acquiring the knowledge, skills, attitudes, and changed-behavior necessary for nutritionally sound diets, and to contribute to their personal development and the improvement of the total family diet and nutritional well-being. In Michigan ten counties presently offer this program. Macomb County MSU Extension proudly offers this program to eligible county residents. Please call us if you are in interested, 586-469-6432.



# Enjoy a Healthy Lifestyle

## Low-fat or Nonfat Dairy

### 3 cups daily

1 cup = 1 cup of low-fat/nonfat milk or yogurt,  
1 1/2 ounces of low-fat or nonfat cheese

#### tips:

- Enjoy a latte by adding a cup of milk to espresso or strong coffee
- Add a slice of cheese to a sandwich
- Stock up on string cheese and yogurts for lunches and snacks
- Start your day with dairy: whole-grain cereal and milk or fruit and yogurt
- Make a smoothie with a cup of yogurt, your favorite fruit and ice



## Fruits and Vegetables

### 4 1/2 cup fruits/vegetables

1 cup = 1 cup fruits/vegetables,

1 large apple, 2 cups leafy salad greens

#### tips:

- Spruce up a sandwich by adding grated carrots
- Add a serving of broccoli or steamed vegetables at dinner
- When eating out, swap french fries for a serving of plain vegetables or a salad – even fast food restaurants now offer this!
- Enjoy vegetable sticks with low-fat yogurt dip, cottage cheese or hummus



## Whole Grains

### At least 3 ounces whole grains

1 ounce = 1 slice of whole-grain bread,  
1 cup whole-grain cereal, 1/2 cup of cooked brown rice  
or whole-wheat pasta

#### tips:

- Choose whole-grain breakfast cereal
- Use whole-grain bread or a roll for your sandwich
- Stock your pantry with brown rice and low-fat, whole-grain crackers
- Put some crunch in your yogurt by adding a whole-grain cereal or granola



## Ways to Get Moving

### Find a balance between food and physical activity.

Be physically active 30 minutes most days for overall good health, 60 minutes to prevent weight gain.

#### tips:

- Take the stairs instead of the elevator
- Ride a stationary bike while you watch TV
- Walk around the block on your lunch hour or during a break
- Walk while doing errands
- Take dance lessons or an aerobics class
- Buy an exercise or yoga video (and use it)

meals matter™

For more tips, recipes and meal ideas,  
visit [www.mealsmatter.org](http://www.mealsmatter.org)

*Nutrition Classes: Learn how to stretch your food dollars, shopping basics, label reading and more.*

*Qualified clients can sign up for free nutrition education classes with the Expanded Food Nutrition Education program (EFNEP) offered through MSUE in Macomb County.*



**For more information call  
586-469-6432.**

## Angel Food Ministries

Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing low-cost, nutritious groceries throughout the U.S.

Visit their website:

**[www.angelfoodministries.com](http://www.angelfoodministries.com)**

to find the closest host site near you.

# Turkey Basics for Safe Holiday Cooking

## Safe Thawing

There are three safe ways to thaw food: in the refrigerator, in cold water, and in the microwave oven. Store frozen turkeys in the freezer until time to thaw. While frozen, a turkey is safe indefinitely. However, if the turkey is allowed to thaw at a temperature above 40 °F, any harmful bacteria that may have been present before freezing can begin to multiply again unless proper thawing methods are used.

When thawing a turkey in the refrigerator, plan ahead. Place the turkey on a platter and place in the refrigerator. For every 5 pounds of turkey, allow approximately 24 hours of thawing in a refrigerator set at 40 °F.

For thawing in cold water, allow about 30 minutes per pound. Be sure the turkey is in leak-proof packaging and submerge it in cold tap water. Change the water every 30 minutes until the turkey thaws.

When thawing in the microwave, follow the manufacturer's instructions. For both defrosting in cold water and in the microwave, cook the turkey immediately after thawing because conditions were not temperature controlled.

## Stuffing a Turkey

The safest way to cook stuffing is in a casserole, not inside a bird. Bake the casserole in an oven set no lower than 325 °F -- or in a microwave oven -- until the internal temperature reaches at least 165 °F on a food thermometer. Harmful bacteria can survive in stuffing that has not reached a safe temperature, possibly resulting in food borne illness.

Cooking a stuffed turkey is riskier than cooking one not stuffed. However, if both the stuffing and turkey are handled safely and a food thermometer is used, it is possible to cook a stuffed turkey safely. Mix wet and dry stuffing ingredients just before spooning it loosely into the turkey cavity, and roast the turkey immediately. Check the temperature of both the stuffing and the turkey. Do not remove the turkey from the oven until the stuffing reaches 165 °F.



**Perishable foods should not be left out of the refrigerator or oven for more than 2 hours.** Refrigerate or freeze all leftovers promptly in shallow containers. It is safe to refreeze leftover turkey and trimmings even if they were previously frozen.

Source: USDA

## Sweet Potato, Apple and Cranberry Hash

1 large sweet potato	1/4 teaspoon white pepper
2 large yellow potatoes	1/4 teaspoon salt
2 tablespoons vegetable oil	1/4 teaspoon ginger
1 medium onion, sliced	1/4 teaspoon thyme
¼ tart green apple, cubed	1/4 teaspoon sage
¼ cup fresh cranberries	



Peel and cut the sweet potato and the yellow potatoes into ½ inch cubes. Put cubed potatoes in a large pot of water and boil until tender, about 20 minutes. Drain and put into a large bowl. In a large frying pan, heat the vegetable oil. Sauté the onion and apple together for about 4 minutes or until the onion is translucent. Add the potatoes, cranberries and seasonings. Mash the potatoes slightly with a fork and mix together. Continue cooking at medium high heat until slightly crisp on the bottom, approximately 8 minutes. Flip and cook another 6-8 minutes. Serve hot. Makes 4 servings **Nutrition per serving:** 180 calories, 7 grams fat, 27 grams carbohydrate, 3 grams protein, 4 grams dietary fiber, 169 milligrams sodium

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*This newsletter has been partially funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact the Center for Civil Justice, 1-800-481-4989*

**FAMILY (586) 469-5180**

Jean Lakin, Family Resource Mgt Agent

**Anger Management  
4 week program**

6:30 - 8:30 p.m.  
November 3, 10, 17, & 24, 2009  
Verkuilen Building  
21885 Dunham  
Door E  
Clinton Township

**Call 586-469-7614 to register**

**Living with Less**

*FREE workshop*

**Tuesday, October 20, 2009**

7:00 pm—9:00 pm

to be held at

Warren Civic Library

1 City Square, Warren

Call 586-469-7614 to register

**Taking Charge of Credit**

*Free workshop*

*Wednesday*

6:30 pm - 8:30 pm

Nov. 4, 11, 18, and Dec. 2 2009

St. Clair Shores Adult Ed. Center

23055 Masonic (bet. Harper & Jefferson)

call 586-285-8880

**HOUSING (586) 469-6430**

Anne Lilla, Housing Program Coordinator

**Macomb Homebuyers**

**Affordable Housing Seminar**

- Renting vs. Buying
- Government & Bank Loan Programs
- Down Payment Assistance
- Saving Money & Cleaning Up Credit

Thursday, November 12, 2009  
6:30-8:30pm

to be held at Leaps & Bounds Comm. Ctr  
**Call 586-469-6430 to register now!**

**Money Management**

8 Sessions, Thursdays, 6:30 - 9:00 pm

Jan. 14, 21, 28, Feb. 4, 11

18, 25, & March 4, 2010

Leaps & Bounds Comm. Ctr.

8129 Packard

Warren, MI

**Call (586) 469-6430 to register**

**Home Ownership Seminar**

*FREE Three-part program*

**November 16th, 23rd, and 30th, 2009**

6:30 - 8:30 pm

To be held at:

MSU Extension

**Call 586-469-6430 to register!**

**NUTRITION (586) 469-6432**

Eileen Haraminac, EFNEP Agent

Expanded Food & Nutrition Program  
for low-income families with children - 6 sessions

- + One-On-One Teaching
- + Menu Planning
- + Group Presentation
- + Stretch Your Food Dollars
- + Label Reading

MICHIGAN STATE  
UNIVERSITY  
EXTENSION

Food Service/Safety  
Certification Training

For further information on class  
schedules and locations log on to:  
**<http://web2.canr.msu.edu/servsafe/>**

**\* Volunteer Opportunities \***

**Youth Mentor Program**

Positive role modeling to  
at-risk youth 11 - 15  
4H Activities for families  
with children 5 - 19



**Call 586-469-6431 for more information**

### Veggie Fact:

Mexico has evolved 124 ways of preparing corn-on-the-cob, 155 types of tortillas, 86 different kinds of tamales, more than 100 puddings, pastries and candies of corn, and 17 corn-based drinks.



### Fruit Fact:

The grape is one of the oldest cultivated fruits.



# Fantastic Food Find



Y E Q S N X C N U N I E P P Y  
R L G F U A S D E H L G U W R  
R P P G R P I C O S O A M U E  
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C T U A R N M U O A O A I T C  
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S V N B E A R I E S B M W M O  
P E B I E K J A R A S C F O L  
S A P R I C O T S H N M O T E  
S Q U A S H D C O Q U A U A M  
M K L A P O S L D B D B N L N  
P E A R S N W C P Y T L A A P  
X Z O G H C A N I P S B C R B  
Z Y A E Z M S E H C A E P J B

Find your  
fruits and  
veggies!!

APPLE

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CHEERY

CORN

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### Check our Web site:

*[macombcountymi.gov/msuextension](http://macombcountymi.gov/msuextension)*



- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
- Past Healthy Bites issues

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**586-469-6432**

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