

HAPPY HOLIDAYS!

*Bi-monthly Family Consumer Science (FCS) Newsletter by
Sarah Bock at Fergus County Extension Office*



Have a Holly Jolly Debt-Free Holiday: Money Saving Tips

It's that time of year again - the decorations will soon come out, the smell of fresh-baked cookies will fill the room and you will begin to hear the Christmas music fill the air. While the holidays are filled with fun, they can also be stressful when it comes to managing money. Take a look at these tips on how to keep this season low-stress and your finances in check.

1. **Make a holiday budget.** It can be very easy to get wrapped up in the holiday hustle and bustle and lose track of how much you are spending. Make a budget that includes all of your holiday expenses including gifts, travel, food, and decorations, and stick with it!
2. **Thrift or upcycle holiday decorations.** Before hitting up the Christmas aisle at the store, check out your local thrift store to see what they have. You can also upcycle normal household items to turn them into Christmas decorations, such as filling a mason jar you already have with pinecones and cranberries or turning some old plastic hangers into a snowflake decoration (contact Sarah for directions).
3. **Try a gift exchange with extended family.** It can be overwhelming to buy gifts for every person in your family. Suggest that the extended family try a gift exchange where each person draws a name and buys a gift for the one individual instead of buying gifts for everyone.
4. **Give homemade gifts.** Instead of spending hours at the store finding the perfect gift, make homemade gifts instead! Whether it is homemade cookies, snack mix, or a gift in a jar (see page 5), your friends and family are sure to love it!

Upcoming Events and Classes:

**Mondays and
Fridays at 9 AM:
Strong People
Strength Training
Class**

Everyone is welcome to the Strong People class that is held twice a week at the Council on Aging. Contact Sarah with any questions.

**December 14th at
5:30: Gifts in a Jar
Workshop**

Please see page 5 for more information

**Extension Office
will be closed on the
following dates:**

November 8th
November 14th
November 24th
November 25th
December 26th

Let's Talk Food Safety - Holiday Edition

Food Safety Tips of the Month

It's the most wonderful time of the year! The holidays are filled with laughter, joy, gifts, quality time with friends and family, and usually lots and lots of food. When spending time with the ones you love and eating delicious homemade meals, remember some basic food safety tips. This will prevent your loved ones from getting sick. Follow these safety tips this holiday season to ensure that everyone goes home happy and healthy!

Here are food safety tips to keep in mind.

- **Thaw the turkey in the refrigerator.** Make sure to get your turkey out of the freezer and into the fridge a few days before the Holiday. It is not safe to thaw meat at room temperature due to the potential bacteria growth on the outside layer of meat.
- **Make sure your turkey is cooked.** Be sure to have a thermometer on hand and cook your turkey to an internal temperature of 165 degrees. Measure the temperature in the thickest part of the turkey.
- **Keep hot food hot and cold food cold.** Do not let food sit at room temperature for longer than two hours. After dinner is served put the leftovers in the fridge to prevent any bacteria growth.
- **Be aware of any allergies of guests.** Check with friends or family about any allergies they may have before the meal.
- **Wash hands.** Always wash your hands before cooking and when switching tasks while making the meal.
- **Avoid cross-contamination.** Prepare one thing in a particular space at a time. Have separate cutting boards for raw meat and ready-to-eat foods. Use separate serving utensils for each dish.



Recipe of the Month: Leftover Turkey Wild Rice Soup

Ingredients

- 1 medium onion chopped
- 2 medium carrots peeled & chopped
- 3 sticks celery chopped
- 1 tablespoon olive oil
- 2 tablespoons butter
- 3 cloves garlic minced
- 2 dashes Italian seasoning
- 3 heaping tablespoons flour
- 6 cups chicken broth
- 1 cup uncooked wild rice
- 2 cups (or more) cooked turkey meat shredded/cut up
- 7 ounces cremini mushrooms sliced
- Salt & pepper to taste
- 1/2 cup heavy/whipping cream (optional)

Nutritional Facts

Calories: 313kcal |
 Carbohydrates: 28g |
 Protein: 17g | Fat: 15g |
 Saturated Fat: 8g |
 Cholesterol: 68mg |
 Sodium: 991mg |
 Potassium: 730mg |
 Fiber: 3g | Sugar: 3g |
 Calcium: 72mg |
 Iron: 2mg

Directions

1. Prep your onion, carrots, and celery.
2. Add the oil and butter to a large soup pot over medium-high heat. Add the onion, carrots, and celery. Sauté for 7 minutes, stirring occasionally.
3. Stir in the garlic, Italian seasoning, and flour. Cook for 1-2 minutes.
4. Whisk in the chicken broth until the flour is dissolved.
5. Stir in the rice.
6. Increase the heat to high and bring the soup to a boil. Once it's just boiling, cover the pot with the lid slightly ajar. Reduce the heat so it's gently boiling for 15 minutes.
7. If you haven't already prepped the turkey and mushrooms, you can do it now.
8. Add the turkey and mushrooms to the soup. Increase the heat again so it just comes to a boil, then reduce the heat so it's simmering again and continue cooking the soup for another 15-20 minutes (cover with lid slightly ajar) or until the rice is tender (wild rice does have a bit of "chew" to it, though).
9. Stir in the cream (if using). Season soup with salt & pepper as needed.



This recipe was found on the Salt and Lavendar Website.

NOVEMBER/DECEMBER 2022

Gifts in a Jar Workshop

Come learn how to make fun, homemade, affordable gifts in a jar! These recipes will make great gifts for your friends and family during the holidays. Each participant will get to take two gift jars home.



Wednesday, December 14th at 5:30 PM

Location: TBA

Cost: \$5



Please contact Sarah Bock at the Extension Office to register.

Email: sarah.bock@montana.edu

Phone Number: 406-535-3919

Address: 712 West Main Street, Lewistown, MT



NOVEMBER

National Addiction Awareness and National Alzheimer's Disease Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 National Family Caregiver Day	2 Virtual Powerful Tools for Caregivers, 12-1:30	3	4 Strong People - 9 AM at COA	5
6 Daylight Savings	7 Strong People - 9 AM at COA	8 Election Day - Extension Office Closed	9 Virtual Powerful Tools for Caregivers, 12-1:30	10	11 Veteran's Day - Extension Office Closed	12
13	14 Strong People - 9 AM at COA	15	16 Virtual Powerful Tools for Caregivers, 12-1:30	17	18 Strong People - 9 AM at COA	19
20	21 Strong People - 9 AM at COA	22	23	24 Thanksgiving - Extension Office Closed	25 Bright Country Nights - 6 to 9 at Fairgrounds	26 Bright Country Nights - 5 to 9 at Fairgrounds
27 Bright Country Nights - 5 to 8 at Fairgrounds	28 Strong People - 9 AM at COA	29	30			

DECEMBER

National Write A Friend Month

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

				1 National Pie Day	2	3
4	5 Strong People - 9 AM at COA	6	7	8	9 Strong People - 9 AM at COA	10
11	12 Strong People - 9 AM at COA	13	14 Gifts in a Jar Workshop - 5:30	15	16 Strong People - 9 AM at COA	17
18	19 Strong People - 9 AM at COA	20	21	22	23 Strong People - 9 AM at COA	24 Christmas Eve
25 Merry Christmas!	26 Extension Office Closed	27	28	29	30 Strong People - 9 AM at COA	31 New Year's Eve