

# Helpline



**2016  
 Helpline Holiday  
 Edition**

## Happy Holidays 2016

Can you believe that the end of the year is fast approaching? Fall is here with all of its glory, bringing cooler weather and preparation for the holiday season. Anticipation for the holidays begins when autumn officially arrives.

The holiday season, which seems to get longer each year, begins with Thanksgiving and continues through New Years. A sure sign is when Christmas decorations are in the department stores before Halloween.

When we think of the holidays, we often think about family togetherness, giving and celebrating. While the holiday season should be a time of enjoyment, many events associated with the season can cause stress. However, if you focus on the things that are important to you and your family, the holidays can be a time of enjoyment. Remember, with a little planning and creativity, you can make this holiday season a healthy and happy one.



## Ways to Reduce and Manage Stress During the Holiday Season

### 1. Plan Ahead and Get Organized:

Take care of things ahead of time, such as shopping for gifts and completing holiday cards, reduces your workload as the holidays get closer.

- Having lists of what to buy and from where can prevent multiple trips to the same store.
- Create lists of everything that needs to be done and bought, and create a schedule for the coming weeks to break down what you will do and when.
- Set a budget for your Christmas or holiday shopping, and plan how much you can spend for each person on your list.

## Inside this issue:

Happy Holidays 2016	1
Ways to Reduce and Manage Stress During the Holiday Season	1-2
Holiday Shopping	2-3
Holiday Food Safety Tips	3-4
Jacquelyn Gibson Extension Faculty Family & Consumer Sciences	
9 Healthy Holiday-Eating Strategies	4-7
Family and Consumer Sciences "Dine In Day" December 3, 2016	7
Citrus Turkey Breast	7-8
Southern Harvest Succotash	8
Spiced Apple Cider with Clove Oranges	9

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2. **Set Realistic Expectations:** Unrealistic expectations are a source of stress during the holidays. Perfection is usually a demand we place on ourselves. Rather than expecting the holiday to be “perfect,” focus on the real meaning of the season. The ultimate goal is to enjoy quality time with the people you care about.
3. **Take Care of Yourself:** When we’re feeling stressed we’re much more likely to neglect our needs, but that is when we need to take care of ourselves the most. Making sure we eat healthy foods, exercise, get plenty of rest, and relax helps bolster us and renews our physical and emotional resources.
  - Take time for yourself, even if its only a few minutes while you’re lying in bed in the morning. Hot baths or showers are relaxing, and reading can be a great escape. Some people find medication helpful. Everyone is different so you will need to figure out what activity provides a good way for you to take a break and decompress.
4. **Manage Your Thoughts:** The way you think about things can have a big impact on how stressful an event is for you. Remember that the better you are able to manage your thoughts, the more you’ll enjoy yourself.

Source: “Managing Stress During the Holiday, Hedi Radunovich, PhD, Department of Family Youth and Community Sciences, UF/IFAS Extension.

### Holiday Shopping

UF/IFAS Extension: Solutions for Your Life



Stress during the holidays often comes from the pressures of shop-

ping for gifts. If you have a tight budget and limited time, you may think you can’t have a good holiday experience. But with good planning, you can still be a generous gift giver even with limited funds.

If you plan ahead and don’t wait until the last minute, you can have the time to shop and determine the best ways to spend your money.

### Budgeting

- Set a spending limit, which includes travel and other expenses. Consider how much you want to spend in total for the season.
- Create a list with names, gift ideas, and price estimates. If you cannot think of a special gift for a person, determine a dollar limit on their gift. Make sure your planned gift totals do not exceed your overall spending limit.
- Think of gift alternatives for each person on your list, and look for sales in your price range.
- Keep receipts and check them periodically or review your online banking regularly to make sure you’re still within your spending limit.
- Remember, the holidays are about celebrations and time with loved ones—presents are only part of the fun.



### Shopping

- Do comparison shopping over the Internet. See which stores carry the item you want at the best price. If you decide to order online, make sure the delivery time works with your travel plans.
- Do pre-shopping. Shopping can give you good ideas for gifts, but do not buy anything on a impulse that is not already on your list.
- Check for sales in newspaper ads and circulars, as well as during your shopping.

- When shopping online, look for coupon codes or email newsletters with attached coupons.
- If you do order over the Internet, make sure when you check out there is a secure connection (your browser will show “https://” in the address bar or sometimes a closed padlock icon) and that the website has secure credit card processing to prevent identity theft.
- Don’t buy something just because it’s on sale—one store’s sale price can be another’s regular price.
- Shop in factory outlets, catalog showrooms, and department stores.



### Credit Cards

- Do not take credit cards on the first shopping trip. If you do not have your cards, you are less likely to buy more than you planned.
- Make a list of things you wanted to buy but did not have the cash for. Go home, and review this list. Remember, charged items must still be paid for and must still fit in your budget.
- Pay off any credit items in January. The holidays come every year, and you do not want to still be paying off debt when the next time rolls around.

Planning ahead is one of the most important parts of successful gift-giving—it prevents last-minute shopping that can lead to stress, fatigue, overspending, and impulsive buying.

### Holiday Food Safety Tips

Entertaining is a full time job during the holidays. Cooks across the country are making plans for holiday feasts that include all of your families favorite recipes.

Food safety can be a special challenge during the holiday when poultry, stuffing, and buffets pose additional risks, particularly for most of the people on

our holiday guest list. This list include people who are vulnerable to foodborne illness—elderly, young children, pregnant women, or anyone with a compromised immune system.

**To make sure your holiday meal is not only delicious but is as safe as possible, follow these food safety tips:**



- ◆ Wash hands thoroughly and often—before and after food preparation.
- ◆ Thoroughly wash cutting boards and utensil before and after contact with raw meat, poultry, seafood , and eggs.
- ◆ Rinse fruits and vegetables under cool running water and use a produce brush to remove surface dirt.
- ◆ Use a food thermometer to make sure meat, poultry, and fish are cooked to a safe internal temperatures.
- ◆ Bring sauces, soups, and gravies to a rolling boil when reheating.
- ◆ Cook eggs until the yolk and white are firm. When making your own eggnog or other recipes calling for raw eggs, use pasteurized shell eggs liquid or frozen pasteurized egg products, or powdered egg whites.
- ◆ Don’t eat uncooked cookie dough, which may contain raw eggs.
- ◆ Serve only pasteurized apple cider.
- ◆ Thaw the turkey in the refrigerator, not on the countertop; room temperatures promote bacteria growth. Allow one day of frosting for each five pounds of turkey weight.
- ◆ Cook the stuffing separate from the turkey. Stuffing put in an uncooked turkey is susceptible to bacteria growth. If you refuse to break with tradition, use a food thermometer to make sure the bird’s internal temperature reaches at least 165 degrees.

- ◆ Slice the leftover turkey before refrigerating. Whole turkeys do not store safely in the refrigerator.
- ◆ Carefully store leftovers. To speed up the cooling process, put leftovers into shallow covered containers and keep refrigerator temperature at 40 degrees or below. Perishable foods left at room temperature for more than two hours are susceptible to bacterial growth.
- ◆ Be careful with holiday buffets. Serving dishes should be kept small and replenished often, directly from the stove or refrigerator. Place cold dishes on a bed of ice.
- ◆ Hot foods should be held at 140° F or warmer.
- ◆ Foods should not sit at room temperature on the buffet table for more than two hours. Keep track of how long foods have been on buffet table and discard any that have been there two hours or more.
- ◆ Reheat leftovers to 165° degrees.
- ◆ Left overs should be used within three to four days, unless frozen.

## 9 Healthy Holiday-Eating Strategies

*Fend off holiday weight gain with these easy eating tricks.*

### Bring Your Own Food

Contribute a healthy dish to a gathering to ensure there's something you can indulge in.



### Tricks to Try

**Eat the best-for-you offerings first.** For example, hot soup as a first course—especially when it's broth-based, not cream-based—can help you avoid eating too much during the main course.

**Stand more than an arm's length away from munchies,** like a bowl of nuts or chips, while you chat so you're not tempted to raise your hand to your mouth every few seconds.

### Concentrate on your meal while you're eating it.

Focus on chewing your food well and enjoying the smell, taste, and texture of each item. Research shows that mealtime multitasking (whether at home or at a party) can make you pop mindless calories into your mouth. Of course, dinner-party conversation is only natural, but try to set your food down until you're finished chatting so you are more aware of what you're taking in.

### Don't Go Hungry to the Mall

To cut down on the lure of the food court, never go to the mall on an empty stomach.



### Tricks to Try

**Plan your shopping route so you don't pass the Cinnabon stand a dozen times.** The obvious reason? Both sights and smells can coax you to eat, and with some vendors purposefully wafting their aromas your way, saying no can feel impossible.

**Choose a proper restaurant over the grab-and-go food court whenever you can.** And request a table away from loud sounds and distractions, which can cause you to eat more. The bright lights and noisy hard surfaces can speed up the rate at which you eat and lead to overeating.

**Avoid fast-food places that emphasize red in their color schemes.** Red has been shown to stimulate the appetite more than many other colors, and many restaurants add it to their decor, in everything from the flowers on the table to the squiggles on the plates.

## Keep Track of What You Eat



Maintain a food diary to help you stay committed to your goals during this risky eating period.

### Tricks to Try

**Weigh yourself daily** and use that number to guide your actions. (Food diaries are helpful, but only if you're totally honest and diligent about recording every morsel you eat.) Research has shown that women who step on the scale every day and then act accordingly, either increasing their exercise or being stricter about their eating, are 82 percent less likely to regain lost weight than those who don't weigh in as often.

**Zip yourself into your favorite pair of slim-fitting pants once a week** and note how they fit. Too tight? Adjust your eating and exercise habits. Just right? Keep up the good work.

### Eat Before Going to a Party

Before going out, have a healthy snack to curb your appetite.

### Tricks to Try

**Eat breakfast.** This has been shown to prevent overeating later in the day.



**Limit the number of high-calorie foods on your party plate.** Research has shown that when faced

with a variety of foods with different tastes, textures, smells, shapes, and colors, people eat more—regardless of their true hunger level. Cutting down on your personal smorgasbord can decrease what you end up eating by 20 to 40 percent.

**Choose foods wisely, filling your plate with low-calorie items**, such as leafy green salads, vegetable dishes, and lean proteins, and taking smaller portions of the richer ones. That way, you can eat a larger amount of food for fewer calories and not feel deprived.

**Pop a sugar-free mint in your mouth.** When you've had enough (and don't want to eat more), the feeling of a fresh palate can curb additional noshing.

## Keep Healthy Snacks at the Office

Stash healthy foods in your desk at work so you're not as tempted by the treats piling up at the office.



### Tricks to Try

**Try to keep communal office goodies out of view**, either in an area that isn't as highly trafficked as the kitchen or the break room, or in dark containers or covered dishes. In one study, people ate 26 percent more Hershey's Kisses when the candies were in clear dishes versus white ones. And when the chocolates were placed six feet away, the average person ate only four a day, as opposed to nine a day when they were within arm's reach.

**Before you allow yourself a splurge, do something healthy**, like eating a piece of fruit, walking around the office for five minutes, or climbing a few flights of stairs.

**Plan on taking whatever tempts you home**, and delay the daily indulgence until just before bedtime. At that point, you're less likely to crave another treat immediately than you would during your afternoon coffee break, especially if the whole box is no longer around.

## Manage Portion Size

Take sensible portions so you don't end up eating too much.



### Tricks to Try

**Use smaller plates and serving utensils.** Try a salad or dessert plate for the main course and a teaspoon to serve yourself. What looks like a normal portion on a 12-inch plate or a trough like bowl can, in fact, be sinfully huge. In one study conducted at the Food and Brand Lab at Cornell University, even nutrition experts served themselves 31 percent more ice cream when using oversize bowls compared with smaller bowls. The size of the serving utensil mattered, too: Subjects served themselves 57 percent more when they used a three-ounce scoop versus a smaller scoop.

**Pour drinks into tall, skinny glasses, not the fat, wide kind.** Other studies at Cornell have shown that people are more likely to pour 30 percent more liquid into squatter vessels.



## Control Your Environment

You plan to use sheer willpower during large family dinners.

### Tricks to Try

**Eat with a small group when you can.** One study found that dining with six or more people can cause you to eat 76 percent more, most likely because the meal can last so long. (After an hour of staring at the stuffing, you're more likely to have seconds.) At a big sit-down supper, be the last one to start and the second one to stop eating.

**Sit next to a fellow healthy eater** (there's strength in numbers). Or sidle up to that uncle who eats slowly, so his pace can slow yours.

**Wait for all the food to be on the table before making your selections.** People who make their choices all at once eat about 14 percent less than do those who keep refilling when each plate is passed.

**Keep visual evidence around of what you've consumed** so you don't forget. Leave an empty bottle of wine or beer in view and you'll be less tempted to drink more.

## Keep Up the Exercise

You're determined to squeeze in at least one or two workouts a week, no matter how busy you get.

### Tricks to Try

**Break it up.** If you don't have time for your daily four-mile walk, do a few 10- or 15-minute spurts of exercise throughout the day (to accumulate the surgeon general's recommendation of 30 minutes a day). They can be just as effective at maintaining overall fitness as one continuous workout.

**Tell yourself that all the running around you're doing (cleaning for houseguests, dashing through a million stores to find the perfect presents) can help keep your weight in check.** In one Harvard study, people who were simply told that they did enough in their daily lives to meet the surgeon general's recommendations lost weight and body fat without consciously changing a thing. A possible reason? Believing that what they were doing was having a positive effect may have led to subtle changes in their overall health behaviors.

## Choose Your Indulgences

You intend to stave off feelings of deprivation by allowing yourself a “cheat” day a week.



### Tricks to Try

**Plan in advance to eat a little more and be a little more flexible at this time of year, when you face daily temptations.** That way, you can savor the culinary joys of the holidays a little more often and you'll be less likely to binge. For instance, rather than inhaling four sugar cookies on your cheat day, allow yourself one as a dessert when the mood strikes. Then make one little switch during the day to account for those calories—maybe skipping that morning latte or cutting out an afternoon snack.

**Choose your indulgences wisely.** Instead of wasting calories on foods that you can have at any time of the year, pick items that are truly special and unique to the season, like your grandmother's candied yams or your daughter's first batch of Christmas cookies.

## Family and Consumer Sciences “Dine In Day”

Dine In Day encourages residents to prepare and eat a nutritious meal in the company of family, friends or coworkers.

In 2015 more than 125,000 people committed to preparing and eating a healthy meal together on December 3rd.

**SAVE THE DATE 12/3/16**

Commit to “Dining In” for your family and

encourage others. Let’s work together to spread the word about the importance and benefits of family mealtime, for the third annual Family and Consumer Sciences Day.

### Help Promote "Dining In"

- Take a photo of your family preparing a healthy meal and post it to Facebook, Twitter, and/or Instagram using #FCSday and #healthyfamselkie.
- Change your Facebook profile photo to the **I'm "Dining In" logo**.
- Wear an I'm "Dining In" sticker.
- Ask your friends and family to "Dine In."
- Pin your favorite family meal recipes to a "Dining In" Pinterest board.
- Add the **"Dining In" logo** to your email signature.



### Citrus Turkey Breast



- 1 bone-in whole turkey breast (5 to 6 lb.), thawed if frozen
- 1 large lemon
- 1 tangelo, tangerine or navel orange
- 1 tablespoon olive oil
- 1 tablespoon kosher (coarse) salt

- 1/2 teaspoon coarse ground black pepper
- 1 bone-in whole turkey breast (5 to 6 lb.), thawed if frozen
- 1 large lemon
- 1 tangelo, tangerine or navel orange
- 1 tablespoon olive oil
- 1 tablespoon kosher (coarse) salt
- 1/2 teaspoon coarse ground black pepper

## Steps

### Step 1

Move oven rack to second to lowest position. Heat oven to 350°F. Using fingers, gently loosen skin covering turkey breast, creating a pocket over each breast.

### Step 2

Grate half of the lemon and tangelo to get 1 teaspoon grated peel from each. Slice the remaining halves into very thin slices; set aside. In small bowl, combine grated lemon and tangelo peel, oil, salt and pepper. Slide lemon and tangelo slices between turkey skin and meat, covering entire breast; reserve any remaining slices for garnish.

### Step 3

Place turkey, breast side up, on rack in shallow roasting pan. Rub oil mixture over turkey breast. Insert ovenproof meat thermometer so tip is in thickest part of breast and does not touch bone.

### Step 4

Roast uncovered 1 hour 30 minutes to 2 hours or until thermometer reads 165°F. Remove turkey from oven; cover loosely with foil. Let stand 10 minutes before carving. Garnish with additional fruit slices and fresh herb sprigs.

**Source:** [www.pillsbury.com](http://www.pillsbury.com)

## Southern Harvest Succotash



### Ingredients:

- 1 ½ cups Florida snap beans, trimmed and cut into 1-inch pieces
- 2 small Florida yellow squash, diced (if you cannot find fresh yellow squash, substitute green peas or lima beans)
- 3 cups fresh Florida sweet corn kernels cut fresh off the cob
- 2 large, ripe Florida tomatoes, chopped
- 1 large onion, chopped
- 4 cloves garlic, minced
- your favorite hot sauce to taste
- juice of half a lemon
- 1 ½ tablespoons olive oil
- kosher salt and fresh ground pepper to taste

### Directions

1. Blanch the snap beans in lightly salted boiling water until they are tender and crisp.
2. Rinse immediately under cold water and set aside.
3. Heat olive oil over medium-high heat in a large saucepan.
4. Add onion then garlic and sauté until tender.
5. Add remaining ingredients except snap beans and stir together well.
6. Cover and simmer gently for about 8 minutes or until corn and squash are done.
7. Add the green beans and simmer for another 2 minutes.
8. Taste and adjust seasoning with salt, pepper and hot sauce.
9. Serve warm, or chill and serve cold.

**Source:** Florida Department of Agriculture and Consumer Services

## Spiced Apple Cider and Clove Oranges

**Prep Time:** 15 minutes

**Cook Time:** 10 minutes

**Servings:** 12



The perfect drink for autumn entertaining, this cider gets a spicy kick from cloves, cinnamon and star anise. Keep the cider warm on the stovetop so guests can help themselves.

### Ingredients:

- 3 small oranges or tangerines, about 3/4 lb. (375 g) total
- 36 whole cloves
- 3 quarts (3 l) apple cider
- 4 cinnamon sticks, plus 10 to 12 sticks each tied with an orange zest strip
- 2 whole star anise

### Directions:

Stud each orange with 12 cloves. Place the oranges in a large pot, pour in the apple cider and set over low heat. Tie the 4 cinnamon sticks and the star anise in a cheesecloth bundle and add it to the pot. Bring to a simmer and keep warm over low heat until serving.

To serve, ladle the cider into cups and garnish each serving with a cinnamon stick tied with orange zest. Serves 10 to 12.

**Source:** Adapted from Williams-Sonoma *Entertaining with the Seasons*, by Georgeanne Brennan (Free Press, 2010).

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