

NUTRITION To Go



FOOD PANTRY

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Nutrition To Go is written and edited by Samantha Van Dyke, RDN

**Did you know? Now you can visit the pantry two times per month to pick up food.
¿Lo sabías? Ahora puedes visitar esta despensa dos veces al mes para conseguir comida.**

Your "Gobble Guide"

Here is your Loaves & Fishes Thanksgiving "Gobble Guide." Read on for Food Safety Reminders, Thanksgiving Recipes and Tips for Hosting Thanksgiving Guests!

Holiday Schedule
Horario de las Fiestas

November 25, 26, 27 CLOSED/CERRADO

December 24, 25 CLOSED/CERRADO

December 31 & January 1
CLOSED/CERRADO

Yummy Green Beans

1 can green beans any cut
1 tablespoon butter
1/2 teaspoon onion or garlic powder
1/4 teaspoon salt
1/4 teaspoon pepper

Instructions

1. Pour green beans into a colander, rinse and drain thoroughly to wash away excess salt.
2. Pour the green beans into a skillet.
3. Add butter, onion powder, salt and pepper.
4. Simmer, uncovered and stirring occasionally, until any liquid has evaporated.
5. Taste and adjust seasonings if necessary.



Caramel Apple Pie
Bread Pudding.

Scan here for a video
recipe!

Food Safety:

Defrosting your turkey safely

The best way to defrost your turkey is to put it in the refrigerator. Allow 1 day for every 4-5 pounds of turkey. So, a 15 pound turkey would take at least 3 days to completely defrost.

If you need to defrost more quickly, you can put the turkey in a tub of cold water. Make sure it is completely underwater, and change the water every 30 minutes.

Seguridad alimental:

Descongelar su pavo

de forma segura

La mejor manera de descongelar su pavo es ponerlo en el refrigerador. Permita 1 día por cada 4-5 libras de pavo. Por lo tanto, un pavo de 15 libras tardaría al menos 3 días en descongelarse por completo.

Si necesita descongelar más rápido, puede poner el pavo en una tina con agua fría. Asegúrese de que esté completamente bajo el agua y cambie el agua cada 30 minutos.

Thanksgiving Exercise

Why not plan a Thanksgiving Day "turkey trot"? Take a family walk, jog or hike to get moving! Have you explored these fun, local walking trails?

Porque no planifique un "paseo de pavo" en el día de acción de gracias? Has visitado estos senderos?



Ragged Mountain
Foxhaven Farm
Heyward Community
Forest
Rivanna Trail
Saunders-Monticello
Trails
Ivy Creek Natural Area

Food Safety:

Preparing your turkey

Wash your hands, but not the turkey

- Wash your hands before and after handling the turkey.
- Don't wash your turkey as this may spread bacteria throughout the kitchen.

Keep raw and cooked food separate.

- Make sure the any surface or utensil that has touched the raw turkey does not touch any prepared/cooked food.

Cook to 165F.

- Turkey and stuffing can have harmful bacteria, but cooking to 165F will kill it.

Use a thermometer.

- Even an experienced cook can't tell if the turkey has reached a safe temperature without a thermometer.
- Put the thermometer in the thickest part of the breast to check the temp.

Seguridad alimental: Preparando el pavo

Lávate las manos, pero no el pavo

Mantenga separados los alimentos crudos y cocidos.

Cocine a 165F

- El pavo y el relleno pueden tener bacterias dañinas, pero cocinar a 165F los matará.

Usa un termómetro.

- No se puede saber si el pavo ha alcanzado una temperatura segura sin un termómetro.
- Coloque el termómetro en la parte más gruesa del pecho para controlar la temperatura.



Loaves & Fishes



FOOD PANTRY

Neighbors Nourishing Neighbors

2050 Lambs Road
Charlottesville, VA 22901
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Giving out Free Groceries
Tuesdays 3:00-7:00pm (by
appointment)

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Thursdays 6:30-8:30 pm
Saturdays, 10:00 am - 12:00
pm

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Community Rewards card using
code DL975 and select Loaves &
Fishes as your charity

Select Loaves & Fishes on
[smile.amazon.com](https://www.amazon.com)

Party decor:

Nature-foraged place cards

You can decorate your table for Thanksgiving with beautiful colors using leaves and nuts from your nearest outdoor space!

What you'll need:

Small leaves in a variety of colors.
1 small pine one per dinner guest
1 black or gold sharpie

1. Wipe the leaves clean and dry flat between two sheets of paper inside a heavy book.
2. Once the leaves have dried flat, write the name of each guest on a leaf.
3. Tuck each leaf between spokes of the pinecone to make it stand up.
4. Place in front of each table setting to welcome your guests.

Party tips: Thanksgiving Dinner Conversation

Use questions like these to keep conversation going during your Thanksgiving gathering. You can also use them to draw focus away from any topics that might cause conflict among your guests.

If you could only eat one food from this dinner for the whole next year what would it be? -- Which color do you think you couldn't live without? -- Ask a parent or grandparent what Thanksgiving was like when they were little. -- Ask everyone to share a little-known or surprising fact about themselves.