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Smart Choices for SENIORS

A Newsletter from the EFNEP/SCNEP Programs of Virginia Cooperative Extension
November

Cut Costs on Your Holiday Meal!

November is the beginning of the holiday season. It's a great time to get together with other people to celebrate food and celebrate each other. By joining together for holiday meals you may also be able to save money on your food budget. Make your holiday meal a potluck meal. Assign each guest a dish to bring. The meal will have a variety of foods and, perhaps, a little surprise for everyone.

The day after a holiday can be a great time to find discounted foods at the grocery store. Consider having a potluck meal with friends and family after the actual holiday day.


Special holiday foods may be at a reduced price, as much as 70 percent. Be sure to check the "sell-by date" before purchasing items. Also, ask yourself if you will actually eat the sale items. Don't just purchase food because it is on sale. Another good tip is to only buy what you and your family need. You will save money and limit waste. Some convenience foods are money-savers too, but many others are not. Compare costs per serving. Canned sweet potatoes may be a good buy compared to fresh ones.

Similarly, pumpkin pie filling on sale is usually less expensive than buying canned pumpkin and adding your own spices, evaporated milk, and eggs. Shop smart when you go shopping around the holiday season. Look around for deals!

Source: *Holiday Meals on a Budget*.
Colorado State University Cooperative
Extension, [www.ext.colostate.edu/pubs/
columncc/cc011211.html](http://www.ext.colostate.edu/pubs/columncc/cc011211.html)



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MyPyramid.gov
STEPS TO A HEALTHIER YOU

Keep Your Holidays Happy with These Food-safety Tips!

Keep your meals safe and keep your guests from getting sick. Plan ahead!

- Buy fresh meat products no more than 1 or 2 days before the holiday meal. (If buying more than 1 or 2 days before the meal, freeze it.)
- Thaw frozen meat products in the refrigerator, not on a counter. Allow about 24 hours to thaw about 5 pounds of meat.
- Prepare perishable foods no more than 1 day before a meal, unless the food will be frozen.
- Refrigerate leftovers in shallow containers no more than 2 inches deep.
- Refrigerate leftovers within 2 hours after being in room temperature.
- Don't stuff the refrigerator. Cold air must circulate to keep foods safe.
- Eat leftovers within 2 days.
- When reheating leftovers, reheat them to 165 degrees.

Source: *Fightbac.org, Safe food handling: Keep the holidays happy*, <http://www.fightbac.org/content/view/88/>



Be Active!

Keep yourself moving as the cooler air comes your way. Stay active during the holiday season to keep your spirits up and your muscles strong. Ask other people of a similar activity level to share a walk or other physical activity. Ask family and friends to go shopping with you or just go for a brisk walk around the nearest shopping center. Plan to go for a walk before and after you feast with family and friends.

Try these balancing and stretching exercises every morning to keep you in shape for the holiday season:

Side Leg Raises strengthen muscles at sides of hips and thighs. Strengthening these muscles is important for good balance.

1. Stand straight, directly behind table or chair, feet slightly apart.
2. Hold table or chair for balance.
3. Slowly lift one leg to side, 6 to 12 inches out to the side. Keep your back and both legs straight. Don't point your toes downward – keep them facing forward. Hold position.

4. Slowly lower leg. Repeat with other leg.
5. Keep back and knees straight throughout the exercise.
6. Alternate legs until you repeat exercise 8 to 15 times with each leg.
7. Rest. Do another set of 8 to 15 alternating repetitions.

Double Hip Rotation stretches the outer muscles of hips and thighs. Don't do this exercise if you have had a hip replacement unless your surgeon approves.

1. Lie on floor on your back, knees bent and feet flat on the floor.
2. Keep shoulders on floor at all times.
3. Keep knees bent together and gently lower legs to one side as far as possible without forcing them.
4. Hold position for 10 to 30 seconds.
5. Return legs to upright position.
6. Repeat toward other side.
7. Repeat 3 to 5 times on each side.

National Institute on Aging, Exercises for older adults: nhseniorhealth.gov/exercise/exercisestotry/01.html

November Word Puzzle

Save Money, Stay Healthy!

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*Celebrate
The Holidays*

Recipe

Savory Skillet Stuffing

(Saves your pennies and makes 4 servings)

Ingredients:

- 3 Tbsp margarine or butter
- 1 teaspoon crumbled or ground dried sage leaves
- 3 Tbsp fresh (or 1 Tbsp dried) chopped parsley
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 1/3 cup chopped celery
- 1/3 medium onion, chopped and boiled
- 5 slices stale bread, cubed or crumbled
- 1/3 cup prepared chicken bouillon or turkey broth

Directions:

1. Melt margarine in a skillet.
2. Add sage, parsley, salt, pepper, and celery. Cook for five minutes.
3. Stir in cooked onion, bread cubes or crumbs, and bouillon or broth.
4. Serve warm.
5. Cover and refrigerate leftovers promptly.



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OFFICIAL BUSINESS

Word Puzzle Solution

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|------------------------|------------------------|
| 1. MAKE MEALS TOGETHER | 6. WALK |
| 2. HOLIDAY | 7. FAMILY |
| 3. SELL-BY DATE | 8. SIDE LEG RAISES |
| 4. LIMIT WASTE | 9. DOUBLE HIP ROTATION |
| 5. TWO HOURS | |

**For more information on food, nutrition,
and achieving a healthy weight, contact:**

Or call this toll-free number: 1-888-814-7627

If you have access to the Internet, go to these sites:

Healthy Futures Series:

<http://www.ext.vt.edu/healthyfutures>

MyPyramid Food Guide:

<http://www.mypyramid.gov/pyramid/index.html>

Food Stamps in Virginia:

<http://www.dss.virginia.gov/benefit/foodstamp.html>

www.ext.vt.edu

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