



Keep your food safe this Holiday Season!

How many calories do you consume during your favorite holiday meal?

Free HIV testing is available at Howell County Health Dept.



Holiday Safety & Food Leftovers by Justin Frazier, EHS

Each Holiday season, when families gather for meals, many homes will have leftovers. To ensure that leftovers are safe to eat, make sure the food is cooked to a safe temperature and refrigerate the leftovers promptly. Not cooking food to a safe temperature and leaving food out at an unsafe temperature are the two main causes of foodborne illness. Safe handling of leftovers is very important to

reducing foodborne illness.

Wrap Leftovers Well:

Cover leftovers, wrap them in airtight packaging, or seal them in storage containers. These practices help keep bacteria out, retain moisture, and prevent leftovers from picking up odors from other food in the refrigerator. Immediately refrigerate or freeze the wrapped leftovers for rapid cooling. **Store**

Leftovers Safely: Leftovers can be kept in the refrigerator for 3 to 4 days or frozen

for 3 to 4 months. Although safe indefinitely, frozen leftovers can lose moisture and flavor when stored for longer times in the freezer. **Reheat Leftovers Safely:** When reheating leftovers, be sure they reach 165° F as measured with a food thermometer. Reheat sauces, soups and gravies by bringing them to a rolling boil. Cover leftovers to reheat. This retains moisture and ensures that food will heat all the way through.

Holiday Eating Tips by April Bridges, WIC Nutritionist

The amount of fat and calories consumed in an average holiday meal is staggering. Here are a few tips that can help to reduce that number. Find more tips like these at EatRight.org

Using 2 egg whites to replace 1 egg reduces cho-

lesterol without affecting taste.

Low sodium vegetable broth adds flavor to potatoes and helps cut back added butter or margarine.

Oil or margarine can be replaced with applesauce in quick breads or muffins.

Sliced almonds can replace fried onion rings for a

crunchy topping.

Eat a small meal or snack beforehand. Starving yourself can tempt you to overeat.

Pass up those foods that really don't interest you, so you can savor the foods to enjoy. Move socializing away from food to reduce unconscious nibbling.

Aids Awareness by Kathy Doss, RN

December 1 is World AIDS Day. According to healthfinder.gov, 37 million people around the world are living with HIV, the virus that causes AIDS. In the United States alone, about 44,000 people are newly infected each year and 1

in 8 people who have HIV do not know it.

HIV is passed from one person to another by: Having unprotected sex, Sharing needles with someone who has HIV, Breastfeeding, pregnancy or childbirth if the mother has HIV, Get-

ting a transfusion from someone who has HIV (rare in US).

Free HIV testing is available at Howell County Health Department. For more information on HIV and AIDS, you can call or come by to speak with a healthcare professional.



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**Public Health: Prevent. Promote.
Protect.**

The mission of the Howell County Health Department is to improve, promote and protect the health of Howell County through awareness, assessment, planning and assurance in order that our community may achieve their fullest health potential.



Public Health
Prevent. Promote. Protect.

Turkey Tenderloin with Cranberry-Shallot Sauce www.eatingwell.com

- 2 turkey tenderloins (about 1½ pounds total)
- ¾ teaspoon salt, divided
- ¼ teaspoon freshly ground pepper
- 4 teaspoons canola oil, divided
- 4 shallots, peeled and quartered
- 2 teaspoons chopped fresh thyme or ½ teaspoon dried
- ¾ cup reduced-sodium chicken broth
- 1½ cups fresh or frozen (not thawed) cranberries
- ¼ cup dried cranberries
- 2 tablespoons light brown sugar, or to taste
- 1 tablespoon fruit-flavored vinegar, such as raspberry or pomegranate



**Merry Christmas and happy
healthy eating!**

cook, turning to brown all sides, about 5 minutes total. Transfer to a baking sheet. Roast until an instant-read thermometer registers 165 degrees, 15 to 25 minutes (depending on the sizes). Meanwhile, add the remaining 2 teaspoons oil to the pan. Add shallots and cook, stirring occasionally, until browned, 3 minutes. Add thyme and cook until fragrant, about 10 seconds. Add broth and cook, scraping up any browned bits, for 1 minute. Stir in

fresh and dried cranberries and cook until most of the fresh cranberries have broken down, 6 to 7 minutes. Stir brown sugar, vinegar and the remaining ½ teaspoon salt into the sauce; cook for 1 minute. Cover and remove from the heat. Let the turkey rest on a clean cutting board for 5 minutes. Thinly slice; serve with the sauce.

Nutrition information: Per serving: 202 calories; 5 g fat(0 g sat); 2 g fiber; 14 g carbohydrates; 29 g protein; 6 mcg folate; 45 mg cholesterol; 9 g sugars; 7 g added sugars; 187 IU vitamin A; 5 mg vitamin C; 9 mg calcium; 2 mg iron; 428 mg sodium; 94 mg potassium, Carbohydrate Servings: 1, Exchanges: 1 fruit, 4 lean meat

Preheat to 450°F.

Sprinkle turkey tenderloins with ¼ teaspoon salt and pepper. Heat 2 teaspoons oil in a large skillet over medium heat. Add the turkey and