

November, 2020



Nutrition News for the Central Sierra

A monthly newsletter about food, nutrition, and healthy living in the Central Sierra.

Reflections on Thanksgiving

As we approach Thanksgiving and the holiday season, this year more than ever I am aware that while for many people the holidays are joyful, for many others they may be difficult. Families who are food insecure, who have been affected by the current pandemic or its economic effects, or who are faced with other difficulties such as being far from their loved ones, all deserve our support this holiday season. If you are in need of food, know that you are not alone in the Central Sierra, and reach out to one of the food banks below or visit getcalfresh.org. If you are fortunate not to need the services of local food banks, consider donating to one instead as you shop for your own holiday meal or have time to give. We can all look for ways to support our neighbors in a physically distanced way this year.



- [Interfaith Food Bank of Amador County](#)
- [The Resource Connection Food Bank of Calaveras County](#)
- [ATCAA Food Bank of Tuolumne County](#)
- [Food Bank of El Dorado County](#)

Thanksgiving may also be a difficult time for many Native American communities, bringing reminders of colonization and loss. As Jennifer Sowerwine, UCCE specialist at UC Berkeley

and Sabrina Drill, UCCE advisor in Los Angeles and Ventura counties write, "The narrative that many people have been taught beginning in elementary school about the First Thanksgiving celebration in the United States is based on historically inaccurate myths that fail to acknowledge the devastation wrought by settler colonialism, including genocide, land theft, forced assimilation and cultural appropriation...Taking a decolonizing approach to Thanksgiving rejects the myths of Thanksgiving and harmful stereotypes about Native peoples that reinforce oppression, and invites opportunities for deepening our collective understanding of Indigenous history, amplifying Native perspectives that highlight the diversity of Indigenous peoples and foodways, and support Native-led food sovereignty and

land stewardship initiatives that affirm contemporary presence and self-determination of Native people in 21st-century America...Learn about the Indigenous history of the United States and the Native lands and people where you live:

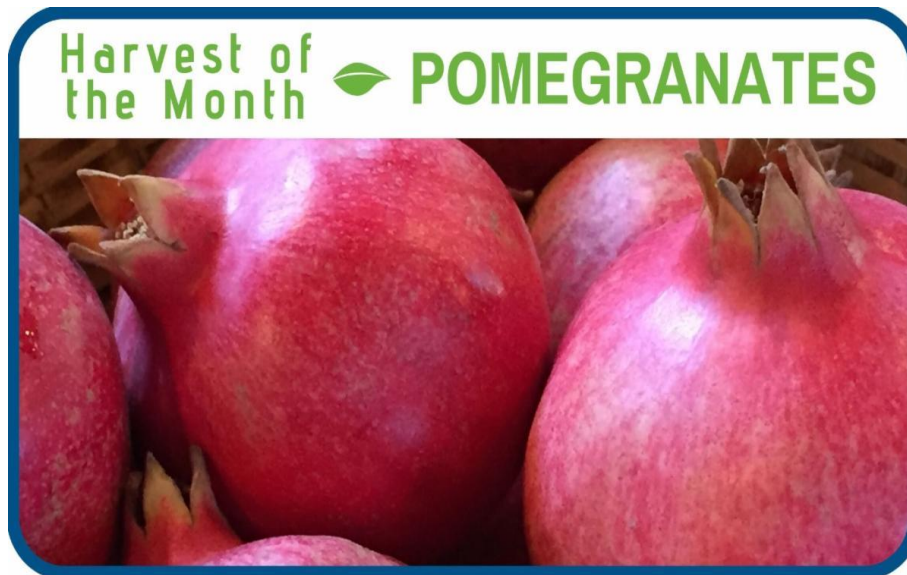
- Spend some time researching the environmental and cultural history of the lands where you are standing starting with identifying whose lands you are residing in via this [interactive map of Indigenous territories](#) and learning about how you can support them."

To find many more resources and educational materials, read the full article on the UC ANR Food Blog: [Native people take a different view of Thanksgiving.](#)

My thanks go out to all in the Central Sierra who are working to support each other and keep our communities healthy during this time.

-Katie Johnson, Nutrition, Family and Consumer Sciences advisor

November's Harvest of the Month



November is a prime month to enjoy pomegranates, which grow well in the Central Sierra and most of California. In fact, more than 90% of all the pomegranates grown for sale in the U.S. are produced here in California, where they enjoy sunny, dry summers. Pomegranates are at their peak during the Fall, and a ripe pomegranate should feel firm and heavy for its size, reflecting an interior that is well-filled with juicy seeds. The seeds inside are actually known as arils, small juice sacks with tiny seeds at their center. Pomegranates are related to berries and are known as being a "superfood" due to their high levels of antioxidants, which help protect our cells against damage when eaten regularly. Pomegranates are also excellent sources of Vitamin C, Vitamin K, and fiber, and good sources of potassium and folate. See below for pomegranate recipe ideas, and learn more about pomegranates at [EatFresh.org](#).

Recipe Ideas:

- [Pomegranate Guacamole](#)
- [Spinach Salad with Roasted Squash, Pumpkin Seeds, and Pomegranate](#)
- [Bulgur, Celery and Pomegranate Salad Recipe](#)

New & Noteworthy

Visit these links for a round-up of recent health and nutrition news, information, and events. For general healthy eating information based on an expert analysis of nutrition research, visit [ChooseMyPlate.gov](https://www.choosemyplate.gov). For individual questions, consult a registered dietitian or medical provider.

[A New Native Seed Cooperative Aims to Rebuild Indigenous Foodways](#). Read about a critical project to conduct an indigenous seed census and to protect indigenous seed saving knowledge.

[UCCE Wants Your Input on Cooked vs. Raw Asian Specialty Produce](#). Click the link to take a survey on how you prepare specialty Asian produce: cooked or raw. The goal is to help make federal food safety regulations more inclusive of diverse communities of both farmers and consumers.

[UC Davis Wants Samples of Your Fermented Foods for Science](#). Want to contribute to science by sharing a sample of your homemade sauerkraut, kimchi or other fermented food? You can help UCCE and UC Davis researchers looking to learn more about fermented foods' nutrition and beneficial bacteria. Learn more at <https://www.eatlac.org/>.

This series of flyers features information on food safety topics relevant to COVID-19:

- [Is Coronavirus a Food Safety Issue?](#)
- [Is Coronavirus a Concern at Grocery Stores?](#)
- [Is Coronavirus a Concern with Takeout?](#)
- [Is Coronavirus a Concern on Fresh Produce?](#)
- [Handwashing](#) and COVID-19

Save the Date for #GivingTuesday, Dec. 1



Giving Tuesday is a global day of giving back. On the Tuesday following Thanksgiving, you'll have the chance to join people around the world and support a cause close to your heart. By donating to the Nutrition, Family and Consumer Sciences program with UCCE Central Sierra, you extend the knowledge and resources of the University to your community. Mark your calendars, spread the word, and stay tuned for more details.

We hope you will join us on December 1!

ucanr.edu/GivingTuesday

Cook Safely this Thanksgiving

Make sure to follow safe food handling and food storage guidelines this Thanksgiving. This will not only help to keep you and your family healthy, it will help reduce the burden on local hospitals and healthcare providers. Find information on cooking temperatures, storage timelines for leftovers, and more about holiday food safety on the [UC Food Safety website](#).

A Safe Holiday Feast

 **1 in 6 AMERICANS WILL GET A FOODBORNE ILLNESS THIS YEAR.**

FOOD SAFETY is IMPORTANT!

Follow these simple rules to ensure a **SAFE** holiday feast.

SHOPPING *for your* **FEAST**



Make room for your feast in the fridge and freezer.

Keep fresh fruits and vegetables separate from raw meat and poultry, and keep all food away from household chemicals in your shopping cart and in bags.

Refrigerate perishable foods as soon as you get them home from the store.

ALWAYS PAY ATTENTION to "SELL BY" & "USE BY" DATES.

BUY A FOOD THERMOMETER!

PREPARING *your* **FEAST**



WASH HANDS, SURFACES & UTENSILS between EACH FOOD-PREP STEP.

THAW FORMULA: 4 LBS. PER 24 HOURS
Thaw frozen turkey in a refrigerator in its original packaging. Stuff turkey just prior to cooking.

COOK TURKEY BREAST & STUFFING to 165°F
Temperature is the only indicator that food is cooked for quality and safety. Turkey thighs are best at 175°F.

Keep hot foods above 140°F. Refrigerate all cold foods until ready to serve (40°F).

Rinse fresh fruits and vegetables just before using or consuming unless labeled "ready-to-eat" or "pre-washed."

EATING *your* **LEFTOVERS**



Leftovers cool more quickly in shallow containers. Bring gravy to a boil before re-serving.

REHEAT LEFTOVERS to 165°F

EAT or FREEZE LEFTOVERS within 3 to 4 DAYS.
EAT or FREEZE GRAVY within 2 DAYS.

FIND MORE INFO at HOLIDAYFOODSAFETY.ORG EATTURKEY.COM

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 **Partnership for Food Safety Education**

 **NATIONAL Turkey FEDERATION**

COVID-19 Community Resources

During the COVID-19 pandemic, you can help spread the word about Central Sierra resources to make sure everyone has enough to eat. **If your family, your neighbors, or anyone you know is in need of food, assistance is available!**

Links to information about Central Sierra food banks, WIC agencies, school meal sites, senior meals, how to sign up for CalFresh/food stamps, and more are available on the following webpage: **http://cecentralsierra.ucanr.edu/CentralSierraNutrition/Community_Resources/**

About Us

As the State of California has issued a shelter-in-place order to reduce the spread of COVID-19, UC Cooperative Extension in the Central Sierra is now working remotely. We are still here to answer your questions and address needs during this unprecedented situation.

Nutrition, Family and Consumers Sciences (NFCS) in the Central Sierra conducts education, outreach, and applied research to support nutrition, food security, and public health in Calaveras, Tuolumne, Amador, and El Dorado Counties. NFCS includes the CalFresh Healthy Living-UC program, which teaches free classes in local schools, community centers, libraries, and other public places. Our classes show people how to choose, grow, cook, and enjoy affordable healthy foods, and how to make physical activity a regular and fun part of life. We also work to create environments where it's easier for people to make healthy choices by supporting wellness policies, community and school gardens, walking clubs, and more. For more information or to participate in the NFCS program, visit our website, Facebook, or Twitter, or email NFCS advisor Katie Johnson at ckrjohnson@ucanr.edu.



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