

Frosty Fitness: Tips for Safe Snow Shoveling and Winter Walking



Winter is here, snow is falling, and temperatures are dropping. These conditions can be challenging as we walk in the slippery outdoors and clear away mounds of snow. Consider these tips to keep safe and injury-free.

Shoveling Snow

- Use your legs rather than your back and shoulders to do the bulk of the lifting.
- Start shoveling from the top of the snow pile. Place smaller amounts of snow on the shovel rather than big chunks. Your back will thank you!
- Stand wide with your front foot facing toward the part you're shoveling. Place the back foot at a 90-degree angle, slightly offset, to help you maintain balance.
- Bend your knees slightly rather than locking or

stiffening them. This will help you move more easily and assist you with balance.

- Bend your knees and squat gently using your legs rather than hunching over and putting all the strain on your back. You will still use your back, but not as much.
- Straighten your legs until you're standing when you get the snow on the shovel.
- Pivot your entire body rather than twisting your back when removing snow from the shovel. Step with both feet so they move with you as you turn.
- For more snow shoveling tips, see the USU Extension video, [Snow Shoveling Ergonomics](#).

Walking on Snow and Ice

- Walk like a penguin when you walk on snow and ice! It may feel odd, but if you walk flat-footed and take shorter, lighter steps, your feet will cover more surface area and provide better balance and support if you step on icy patches.
- Keep your knees slightly bent and loose.
- Watch where you are going. Look ahead rather than at your phone or in your bag.
- Consider using a bag or backpack that can be placed on both shoulders and held close to the body so it doesn't cause you to be off balance.
- Keep your hands at your sides and empty rather than in your pockets. This helps with balance, and you can catch yourself easier if you fall.
- If you feel yourself falling, it may be best to let it happen and try to control how you go down.
- If you slip and fall backward, try to catch yourself with your forearms or lie on your back with extended arms, working to protect your head from hitting the ground. Catching yourself with your wrists or falling on your tailbone can cause serious injury. By using your

forearms or whole body, you create more surface area to distribute the effects of the fall.

- If you fall forward – again, try to catch yourself with your forearms rather than your wrists.
- Avoid shady spots, such as parking areas and driveways, as they will be icy.
- Be aware that fresh snow may have a layer of “old” snow underneath that is packed and iced over.
- Be especially cautious when walking in the early mornings or late evenings when it’s dark and cold.

For more information on walking in the slippery outdoors, see the USU Extension video,

Walk Like a Penguin.

Five Tips to Help Beat the Winter Blues



As winter drags on into spring this year, seasonal affective disorder (SAD) is becoming a challenge for many. SAD is a type of depression that occurs primarily during winter and is caused by various factors, including decreased exposure to sunlight and altitude. The higher the altitude where you live, the more likely it is that you could experience mood shifts and SAD.

Symptoms of SAD can include weight gain, increased appetite, carbohydrate cravings, excessive sleep, decreased interest in activities, and low energy levels during the day.

The good news is there are things you can do to combat SAD. Consider these tips.

* Exercise outdoors. Regular physical exercise can reduce depressive symptoms by up to 50%. And if you exercise outside, the exposure to natural sunlight can increase the benefits. Dress warmly and get outside as often as possible for your daily exercise routine. If you can't, exercise in a room with as much natural light as possible.

Outdoor activities to consider include: snowshoeing, skiing, snowboarding, trail hiking, neighborhood walks, ice skating,

sledding, shoveling snow for a neighbor, building snowmen or igloos, ice fishing, bird watching, or hunting.

- * Reframe negative thoughts. Our thoughts influence how we feel. Identify and question negative thoughts, focusing on disproving them or considering what advice you'd give to a friend experiencing similar thoughts.

- * Practice gratitude. Focusing on gratitude can improve overall happiness and help stave off depressive symptoms by shifting the brain's focus toward positive experiences. [Click here to read how gratitude can actually change the brain.](#)

- * Strengthen connections with loved ones. Our level of connection to friends and family influences our mental well-being. Create positive experiences and atmospheres with friends and family through phone calls, playdates, walks, hugs, or sharing daily highs and lows.

- * Prioritize self-care. Be aware of your personal needs for optimal well-being, and take action to meet those needs. Remember, self-care is crucial for maintaining mental and emotional health. If you don't take care of yourself, who will?

[Click here to see references and links.](#)

By: Eva Timothy, Utah State University Extension assistant professor, eva.timothy@usu.edu, 435-864-1483

Tips for Cold Weather

Survival



With Utah's frigid temperatures, it is essential to keep your family and pets safe from the cold. While we may not anticipate that the furnace could stop working or that the power could go out, these things are possible, so it's important to be prepared.

According to the Extension Disaster Education Network (EDEN), preparing for winter includes understanding weather-related terms, winterizing homes and vehicles, and protecting family members, pets, livestock, and neighbors. (See <https://extensiondisaster.net/hazard-resources/naturally-occurring/winter-weather/>.) Consider these tips to stay warm and safe this winter.

* Prepare your vehicle. Ensure it is in good working condition and has at least a half tank of fuel at all times. EDEN recommends that each vehicle be equipped with a winter car kit that includes a shovel, blankets, extra mittens, socks, hats, booster cables, a flashlight with batteries, a brightly colored cloth to use as a flag, a first aid kit, snacks, and

water.

- * Pay attention to weather forecasts. With current technology, it is easy to be aware of the coming weather conditions. A local TV meteorologist uses the slogan, "Know before you go." That's sound advice before leaving home, whether for the day or a more extended adventure.

- * Dress appropriately. Wear layers of loose, lightweight clothing and boots, hats, and mittens. EDEN notes that mittens are preferred since they allow fingers to be together, which keeps hands warmer.

Much of the body's heat escapes through the head, so hats and scarves are important for covering the head and ears. Scarves can also protect the nose and mouth by keeping frigid air from getting into the lungs. Overexertion is common when shoveling heavy snow, so protect your back and heart by taking frequent breaks and drinking water to stay hydrated.

- * Prepare for utility outages. While utility companies strive to keep power up and running, wind, snow, ice, or a combination can wreak havoc on power lines. If you choose to use generators, wood-burning stoves, or other heat sources, be aware that they may produce dangerous levels of carbon monoxide. Be sure to circulate the air with an exhaust fan, or crack a window open. A battery hand-crank weather alert radio is helpful to have on hand.

- * Protect pets and farm animals. Pets are especially susceptible to frostbite on their ears, tails, and paws, and outside pets need extra calories to stay warm. Take measures to ensure their drinking water doesn't freeze. If pets are dry and have enough shelter to fend off wind and snow, they can withstand the cold conditions easier. While livestock tend to be heartier than family pets, they also benefit from a windbreak such as trees, shrubs, or some type of a cover. They need a place to lie down that is not covered in snow and the

ability to reach their food and water.

If you're not fully prepared for our current winter conditions, take steps now. It will leave you feeling less vulnerable and more able to withstand whatever Mother Nature sends our way.

By: Kathleen Riggs, Utah State University Extension professor, kathleen.riggs@usu.edu, 435-586-8132

January Garden Planning Tips



If last year's spike in gardening interest is any indication of what this year will be like, now is the perfect time to start planning! Consider these tips with links from the Utah State University Extension Gardeners Almanac.

- * Peruse garden and seed catalogs to help determine new vegetable varieties to try in the garden this year.
- * Plan and design your vegetable garden. Try to implement crop rotations of vegetable families to reduce disease buildup.

- * Consider growing herbs and microgreens indoors to add fresh greens to your diet.
 - * Use deicing compounds sparingly to avoid salt damage to landscape plants.
 - * If you are storing bulbs, check their condition to ensure they are firm, and remove any that are soft or rotten.
 - * Perform routine maintenance on lawn mowers and other small engine garden equipment.
 - * Many of our Master Gardener courses will be held virtually or as a combination of virtual and in-person classes this year. Click [here](#) for information on how to sign up for the course in Cache County. For information about Master Gardener classes in other counties, click [here](#), or visit extension.usu.edu/mastergardener/find-a-program.
 - * Specific gardening information can be found at garden.usu.edu. Here you will find fruit, vegetable and herb growing guides, information on soil, lawn, yard, tree, shrub and flower care. In addition are monthly tips, the basics of gardening, information on events and classes and more.
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December Gardener's Almanac Tips



Though yards and gardens were put to bed some time ago, there are still outdoor tasks to consider and holiday gardening gifts to give. Here are some tips.

- Use deicing compounds sparingly to avoid salt damage to landscape plants.
- If natural precipitation is sparse and the ground is not frozen, water evergreen trees and shrubs to ensure they are well hydrated heading into winter.
- Purchase poinsettias to brighten your home. Learn how to care for them and keep them alive beyond the holidays.
- Spruce up you holiday decorating with a wide variety of holiday plants. They offer color and texture to décor.
- [Click here](#) for information on Christmas tree selection and care.
- Shop for your gardener. Great holiday gifts include: books, pruners, gift certificates, gloves, a living wreath, pottery and yard ornaments.
- [Click here](#) to sign up to become a member of the USU-sponsored Botanical Gardens and receive discounts on classes and workshops, along with other benefits. Or, consider giving a gardening membership as a gift.

Tips for Weathering Winter Storms



The recent frigid Arctic air encompassing much of the mid-west caused mass transit, businesses and schools to shut down. It also was responsible for several deaths. If you were caught in such adverse conditions, unable to leave home because of a snow/ice storm or you were in your car stuck in a snowbank several miles from home, how would you fare?

The best tips for enduring winter cold and storms are: be informed, be prepared, be cautious and be a good neighbor. The Emergency Preparedness site, <https://www.ready.gov/winter-weather> has information for staying safe in a variety of emergency situations, including harsh winter weather. Consider these tips.

If you are under a winter storm warning, find shelter right away.

- Stay off roads.
- Stay indoors and dress warmly.
- Prepare for power outages.
- Use generators outside only and away from windows.
- Listen for emergency information and alerts.
- Check on neighbors.

Prepare now to stay safe when a winter storm threatens.

- Know your area's risk for winter storms. Extreme winter weather can leave communities without utilities and other services for long periods of time.
- Help keep your home warm by having proper insulation, caulking and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups.
- Pay attention to weather reports and warnings. Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
- Gather supplies in case you need to stay home for several days without power. Keep in mind the specific needs of each person, including medication. Do not forget to plan for the needs of pets if you have them. Have extra batteries for radios and flashlights.
- Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep the gas tank full.

To stay safe during a storm:

- Stay off roads if possible. If trapped in your car, stay inside. If you must leave the car, wear layers of warm clothing and limit time outside.
- Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.
- Reduce the risk of a heart attack. Avoid overexertion when shoveling snow.
- Check on neighbors. Older adults and young children are more at risk in extreme cold.

Recognize and respond:

- Frostbite causes loss of feeling and color around the face, fingers and toes.
- Signs include: numbness, white or grayish-yellow skin, firm or waxy skin.
- Actions: Go to a warm room. Soak in warm water. Use body heat to get warm. Do not massage or use a heating pad.
- Hypothermia is an unusually low body temperature. A temperature below 95 F is an emergency.
- Signs include: shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech and drowsiness.
- Actions: Go to a warm room. Warm the center of the body first—chest, neck, head and groin. Keep dry and wrap body, head and neck in warm blankets.

Be sure you have an alternative heat source and food and water storage. Preparation will increase your family's confidence and ability to survive extreme winter weather conditions.

By: Kathleen Riggs, Utah State University Extension family and consumer sciences professor,
435-586-8132, kathleen.riggs@usu.edu

Parenting Tips to Help Keep the Holidays Happy



ASK AN EXPERT:

PARENTING TIPS TO KEEP THE HOLIDAYS HAPPY

Keep your holidays happy with these six tips from USU Extension family life specialist David Schramm.

The holidays can be a magical time of year with great food, movies, traditions and decorations. But they are also a busy time that can cause stress. And when the kids are out of school, they can become tired, argumentative and overexcited, which in turn can cause frustration for parents. It's

important for parents to keep things in perspective so the holidays stay happy.

Consider these tips for dealing with holiday stress:

- **Set realistic expectations.** Not everything will go as planned around the holidays. The food may not turn out as planned and things can get spilled or broken. Be positive, flexible and open to changes and messes. Try not to overschedule activities to the point that it becomes more stressful than enjoyable.
- **Pay attention to bids for connection.** Children thrive when their parents give them attention, affection and connection – especially during the excitement of the holidays. Plan to give them your dedicated time at least once per day, offering full attention for whatever *they* want to do (board games, playing in the snow, reading books, etc.).
- **Hold up the emotional mirror.** Many parents will see a range of emotions from children around the holidays. Mirror their excitement, show understanding when they are sad, and express empathy when they are upset.
- **Grant in fantasy what you can't grant in reality.** Instead of squashing your children's holiday dreams or their gift list, let them know you hear them and understand. Phrases such as, "Wow, that would be fun!" or "I wish we could do that too!" can give them the next

best thing to what they want, and that is knowing you understand what they want.

- **Don't use unrealistic threats** such as "Christmas will be cancelled if..." or "Santa won't bring you toys if..." Strive to be positive, but still follow through with rules and unacceptable behavior.
- **Take care of yourself** or your happy holiday may turn into a Noel nightmare. When parents are stressed out, it often spills over and children feel it. Take time for yourself. Exercise, get adequate sleep, take some deep breaths and try to see the bigger picture. Make positive memories and enjoy the moments, because they don't last long.

This article was written by David Schramm, Utah State University Extension family life specialist. See more from Dr. Dave on Facebook.

How to Care for Holiday Plants

Tips for caring for holiday plants such as live Christmas trees, poinsettias, Christmas cacti, amaryllis, paperwhites, and mistletoe from USU Extension gardening experts.

What's in Season? Winter Fruits and Vegetables



Keep your menu plan fresh with seasonal fruits and vegetables – even in wintertime! We've got a recipe roundup for you, plus two new recipes at the end; one for pineapple pear crisp and the other for balsamic and bacon Brussels sprouts. Tune in to

Studio 5 on Monday to see Live Well Utah Editor Marta Nielsen demonstrate these new recipes with Brooke Walker.

Eating in season is something we think about in the summertime when our gardens are bursting with raspberries, tomatoes, peaches and zucchini, but you can eat in season all year long! Stores may carry out-of-season foods in the winter, but you'll usually find lower prices and higher quality produce when you shop in season.



It's easy to keep winter-season fruits like apples, bananas, grapefruit, oranges and pears on your counter for healthy snacking. Pineapple and pomegranate are also in season, and can be purchased already prepped and ready to eat, or you can save on costs and do your own prep-work and keep the ready-to-eat fruit in the fridge. If you have healthy food options visible and accessible, you're more likely to make healthy choices!



There are also many vegetables that are in season in the winter, such as avocados, beets, Brussels sprouts, cabbage, carrots, celery, kale, leeks, onions, parsnips, potatoes, sweet potatoes and winter squash. These veggies work perfectly for those warm-me-up foods we love to eat in the winter like soup, or oven-roasted veggies.

Try these recipes that use winter fruits and vegetables:

Snacks and Treats:

- Frozen Banana Yogurt Bites
- Banana "Ice Cream"
- Apple Pie Smoothie
- Easy Apple Roses
- Apple Cranberry Crisp
- Apple Cranberry Bites
- Applesauce Bread
- Cinnamon Apple Chips
- Homemade Applesauce
- Chocolate Avocado Frosting
- Cranberry Orange Iced Oatmeal Cookies

- Winter Squash Wonder Pie

Salads and Sides:

- Pomegranate Salsa
- Pineapple Pear Salsa
- Jicama Orange Salsa
- Balsamic Roasted Brussels Sprouts and Carrots
- Roasted Vegetables
- Slow Cooker Sweet Potato Casserole
- Winter Squash 4 Ways
- Roasted Chili Lime Potatoes
- Apple and Poppyseed Coleslaw
- Citrus Chicken Salad
- Sweet Potato and Orange Salad

Main Dishes:

- Pineapple Sweet and Sour Chicken
- Black Bean and Sweet Potato Stew
- Fresh Orange Chicken

Pineapple Pear Crisp

This gingery crisp is a little bit tropical, but still a warm-the-belly kind of dessert that is perfect for colder months. This recipe maximizes the sweetness and flavor of the fruit with minimal added sugar and oil, and uses hearty whole grains in the topping. Serve it topped with frozen yogurt for added decadence. Serves 6 people.

Ingredients:

- 3 ripe pears*
- 2 c ripe pineapple (about $\frac{1}{2}$ a pineapple)
- $\frac{1}{4}$ t cinnamon

- 2 T brown sugar (or honey)
- 1 t freshly grated ginger (or $\frac{1}{4}$ t ground ginger)

For the topping:

- 1 cup rolled oats
- $\frac{1}{3}$ cup whole wheat flour
- 2 T brown sugar
- 1 t fresh grated ginger (or $\frac{1}{4}$ t ground ginger)
- $\frac{1}{4}$ t nutmeg
- 3 T melted butter (or coconut oil for added tropical flavor)

Preheat oven to 325 F.

Chop pineapple into $\frac{1}{2}$ -inch pieces and set aside in a medium-sized mixing bowl (be sure to get all the pineapple juice left from cutting and chopping into the bowl). Peel, core and chop pears into $\frac{1}{2}$ -inch pieces, and mix with pineapple. Add cinnamon, brown sugar (or honey) and fresh ginger to the fruit, and stir so that it is coated evenly. Transfer fruit to a 9×9 baking dish.

To prepare topping, mix dry ingredients in a medium-sized bowl until well combined. Add melted butter, and stir until mix loosely holds together. Spoon crumble mix evenly over fruit, and bake for 30 minutes. Cover crumble with foil, to prevent over-browning, and bake an additional 5 minutes (or until pears are tender).

*Be sure to use ripe pears. Unripe pears will not soften sufficiently when baked. Bosc and D'anjou pears work nicely in this recipe.

Bacon and Balsamic Brussels Sprouts

This out-of-this-world Brussels sprouts recipe will convert even the most skeptical taste testers. The Brussels sprouts are

are roasted, tossed with a zesty balsamic vinaigrette, and topped with bacon crumbles and pomegranate arils—what's not to love? Recipe serves 4 generously.

Ingredients:

- 4 pieces thick-cut bacon
- 2 lbs. Brussels sprouts
- 2 T olive oil
- Salt and pepper to taste
- $\frac{1}{2}$ cup pomegranate arils (approximately 1 small pomegranate)

Balsamic Dressing:

- 2 T olive oil
- 2 T balsamic vinegar
- $\frac{1}{2}$ t maple syrup
- $\frac{1}{2}$ t prepared mustard (Dijon or whole grain)
- 1 clove garlic, pressed or minced
- Salt and pepper to taste

Preheat oven to 400 F.

Place bacon on a foil or parchment-lined baking sheet, and bake for 10 minutes, or until crispy. When bacon is cooked to your liking, remove from baking sheet and set aside. Brush around rendered bacon fat to evenly coat lined baking sheet, and drain off any excess (this will enhance the flavor of the Brussels sprouts as they roast).

Meanwhile, prepare Brussels Sprouts by trimming the ends and cutting in half. Toss Brussels sprouts with oil, salt and pepper. Next, evenly arrange Brussels sprouts, cut side down, on the lined baking sheet used to cook the bacon. Roast for 20 minutes, or until sprouts are easily pierced with a fork. For smaller Brussels sprouts, 20 minutes will yield sprouts cooked soft all the way through. If you prefer a little crunch left

in your vegetables, check doneness at 15 minutes.

While Brussels sprouts roast, crumble the cooked bacon and prepare the dressing. Whisk together all ingredients in a liquid measuring cup for easy pouring. If you are seeding your own pomegranate, versus buying the arils alone, you can also do this while the Brussels sprouts roast.

Transfer roasted Brussels sprouts to a serving dish, and top with balsamic dressing. Stir until evenly distributed, and top with crumbled bacon and pomegranate arils.



Marta Nielsen is the editor of Live Well Utah. She did not attend Utah State University (she graduated from another university whose colors are red and white), but loves working for USU Extension. Marta loves to cook and eat, garden, craft, travel, and read. She makes specialty cakes for family and friends as a hobby, and has been talked into making a few wedding cakes in the past. She and her husband have two small children, and live in Salt Lake County.

See more contributor bios [here](#).

A New Year, a New You: Strategies to Simplify Your

Life in the Kitchen



Have you made the goal to simplify your life in the new year? Try these strategies to simplify your life in the kitchen.

Organize

Keep shelf-stable items and utensils that you frequently use visible in the kitchen. Move spices you use often to the front

of the cabinet and invest in a tiered tower or spice rack so everything is visible at once. Store dry goods such as flour, sugar, grains, and beans in airtight glass jars or plastic containers on the counter or on a visible row of the pantry. Store cooking utensils in a holder on the counter or in a drawer next to the stove (Bittman, 2014).

Stock Up

Having basic pantry, refrigerator, and freezer staples on hand can make it much easier to throw together a quick dinner. If the thought of purchasing all of the items at once seems overwhelming, add a few items to your list each week and in a couple of months, you will be set. Here is a basic list to get you started (Bittman, 2014):

- Extra virgin olive oil, canola oil, and/or vegetable oil
- Vinegars – balsamic, red wine or sherry, and/or white wine
- Dried herbs and spices – salt, black pepper, chili powder, curry powder, cayenne pepper, smoked paprika, cumin, garlic powder, onion powder, red pepper flakes, oregano, sage, rosemary, tarragon, dill, basil, and thyme
- Dried grains – brown rice, quinoa, whole-wheat couscous, dried whole-wheat pasta
- Dried and/or canned beans – garbanzo, black, kidney, navy, and/or cannellini
- Canned tomato products – tomato paste, canned tomatoes (diced, crushed, whole)
- Nut butters*
- Brown sugar, honey, maple syrup
- Flours – whole-wheat white flour, white flour, cornmeal
- Baking soda, baking powder
- Nuts and seeds* (walnuts, almonds, etc.)
- Chicken and/or vegetable stock or bullion

**refrigerate to preserve quality*

In addition, stock up on frozen vegetables – corn, mixed vegetables, peas, spinach, edamame – and fruit when items are on sale.

Plan Ahead

Planning several days or a week of meals at once may seem like an overwhelming task, but once you get into the routine, you will likely find it saves a great deal of time. There will be less trips to the grocery store and less time spent thinking about what's for dinner.

Tips to get started:

- Ask your family for favorite meal ideas.
- Start small. Select one or two recipes you know how to make and add one or two new recipes per week.
- Need help choosing recipes? Think about your weekly schedule. Are there going to be late nights at work or sports games to attend? If so, you may want to plan a slow cooker meal or a meal you can remake from leftovers for this busy night. Look at what is on sale at your local grocery store and consider what produce is in season, which means it will likely be less expensive.
- Gather your recipes for the week and create a grocery list. First, check to see which items you already have at home. Include the other ingredients on a list. Organize your list according to the sections of the grocery store: produce, dairy, meat/seafood, dry goods/spices, and the freezer section.
- Make notes about which recipes your family likes and dislikes. After a month or so, you'll have a substantial list you can use to create a rotating meal schedule and you can add in new recipes if you choose to.

- Visit [ChooseMyPlate.gov](https://www.choosemyplate.gov) for more grocery shopping and meal planning tips.

Cook Once, Eat Twice

- Grains: Double a batch of grains, such as rice. Immediately separate, cool, and refrigerate the extra portion. Use the leftovers the next night in a stir-fry or casserole.
- Meat/Protein: Roast extra chicken, pork, or beef. Use it the next night in a soup, tacos, or green salad.
- Beans: Cook extra beans and use the leftovers for bean burritos or taco bowls.
- Roasted vegetables: Roast extra vegetables and use the leftovers for a pureed soup or hearty vegetable stew. Or try roasted vegetable tacos or a roasted vegetable grain bowl topped with nuts, seeds, or crumbled cheese.

Remember to follow food safety rules for leftovers.

- Cool and refrigerate food in shallow containers promptly (within 2 hours of cooking).
- Cold food should be stored at 40 F or lower.
- Discard refrigerated leftovers after 3-4 days.
- Remember to label and date frozen items. Store frozen items in containers such as gallon freezer bags or freezer grade plastic or glass containers and ensure that your freezer remains at 0 F or less.
- Thaw frozen items in the refrigerator or microwave. Never thaw food on the kitchen counter or at room temperature.
- Remember to reheat all leftovers to 165 F throughout.
- Visit [Foodsafety.gov](https://www.foodsafety.gov) for recommended freezer and refrigerator storage times or the National Center for Home Preservation's Guide to *Freezing Prepared Foods* for more information on freezing leftovers. Additional information from the USDA on food safety and leftovers

can be found here.

This article was written by Brittany Bingeman, Extension Assistant Professor FCS, Washington County

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