

# BITS & PIECES

Williams County Family and Consumer Extension Newsletter

Family & Community Education

**NDSU**  
Extension Service  
North Dakota State University

Williams County  
302 E. Broadway  
P.O. Box 1109  
Williston ND 58802-1109  
Phone: 701-577-4595  
Fax: 701-577-4597  
desiree.steinberger@ndsu.edu

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TIDBITS

## *New Years Traditions in America*

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Gatherings and fun moments includes watching of championship football games in the stadiums. The streets are crowded with youth and elderly people dressed fashionably to welcome the new year with great joy.

Times Square in New York City hosts several events which is hosted by the television celebrity Dick Clark. Many people love watching these programs broadcasted on the television with all their family and friends. The streets are decorated with lanterns, flashlights and colored papers. Flags are also adorned to express happiness. Giant vibrant colored electric apples are lowered to the ground at the time when people start saying "Happy New Year".

American New Year customs are very colorful and an entertaining event. You can have fun at the dance parties which is one of the major celebrations on New Year Eve. At the stroke of midnight all the Americans share kisses and express their New Year greetings. This tradition came in existence from the masked ball which symbolizes evil spirits. It is believed that when you kiss it wades off the evil spirits and purifies the new beginning. With the change of celebrating ways people have altered this tradition. They honk car horns to express the announcement of New Year party time. People blow paper blowers and whistles which is a very exciting way of wishing happy new year!

### Traditional American feast on New Year

In the United States, it is believed that black-eyed beans are very lucky. It is American custom on New Year is to prepare a special dinner with different cuisines to gather for family feasts.

A special soul food with rice which is popularly called Hoppin' John is consumed with black eyed beans. During the party people also, have cakes and champagne which is considered very auspicious.

### Coming Events

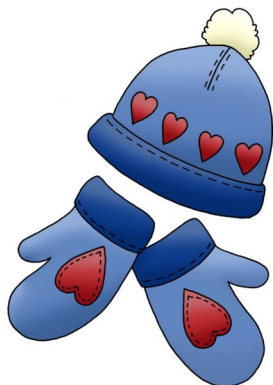
11/26-12/31	Holiday Light Drive
1/12-2-16	Annie's Project
2/7-2/9	National Hard Spring Wheat Show

[www.ag.ndsu.edu/williamscountyextension/](http://www.ag.ndsu.edu/williamscountyextension/)



## Is It Time to Update the Emergency Kit in Your Vehicle?

What should you have in there?



A shovel  
 Windshield scraper and small broom  
 Flashlight  
 Battery powered radio  
 Extra batteries  
 Water  
 Snack food  
 Matches  
 Extra hats, socks and mittens  
 First aid kit with pocket knife  
 Necessary medications  
 Blanket(s)  
 Tow chain or rope  
 Road salt and sand  
 Booster cables  
 Emergency flares  
 Fluorescent distress flag



HAPPY★NEW★YEAR

### Cran-Apple Crisp

This healthy recipe comes from NDSU Extension Service

Makes servings

#### Ingredients

- 4 cored and thinly sliced apples
- 1 16-oz. can whole cranberry sauce (or substitute jellied cranberry sauce\*)
- 2 tsp. soft margarine, melted
- 1 c. uncooked oatmeal
- 1/3 c. brown sugar
- 1 tsp. Cinnamon



CRANBERRY

#### Directions

Preheat oven to 400 degrees. Wash apples, remove cores and slice thinly, keeping peel on. In a bowl, combine the cranberries and apples. Pour into an 8-inch by 8-inch pan or baking dish. Combine melted margarine with oatmeal, brown sugar and cinnamon until well blended. Sprinkle over apple/cranberry mixture. Cover and bake for 15 minutes. Uncover and bake 10 more minutes until the topping is crisp and brown. Serve warm or cold.

Makes eight servings. Each serving has 220 calories, 2 grams (g) fat, 52 g carbohydrate, 4 g fiber

## HEALTHY HOLIDAY EATING

Nutrition411.com

Food is everywhere during the holiday season, making it tough to stick to your healthful eating and exercise habits. However, with a little attention, you can make it through the holidays without losing track of your healthy lifestyle.

### **Is it true that the average person gains 5 pounds between Thanksgiving and New Year's Day?**

People often do gain weight during the holidays, but how much weight? In 2000, a study of 195 adults showed an average holiday weight gain of between .75 pounds (lb) and 1 lb. However, 14% of those studied gained 5 lb or more. In this study, those who were overweight or obese gained more holiday pounds than those who were normal weight. According to the study, while most people gain less than 1 lb during the holidays, the holiday weight gain is one reason that your weight creeps up from year to year.

### **What can I do to prevent gaining weight over the holidays?**

Are you dreading the holiday season because you think you will gain back all of the weight you have lost in the last 6 months? The best advice is to change your mind-set. Do not expect to lose weight between Thanksgiving and New Year's Day. Instead, focus on not gaining weight. For success, keep a regular exercise pattern and healthy diet during this time. After all, the fine food of the holiday is one of the pleasures of the season.

Allow yourself to splurge on foods that make your holiday season meaningful. Enjoy your favorites in small amounts. Try to cut back in other ways, and keep your exercise schedule on track.

### **What can I do to stay active when I am traveling and cannot get to my gym?**

Exercising during the hectic and sometimes stressful holiday season can help you maintain your weight and sanity. If you are a true "gym rat," most gyms will allow you to visit as a guest, although sometimes at a hefty fee! Walking, running, or stair-climbing are easy when you are traveling—you can do these activities almost anywhere. For resistance training, check your sporting goods store or online for rubber resistance bands. They slip easily into a travel bag and are lightweight—use them to strengthen and tone almost any body part.

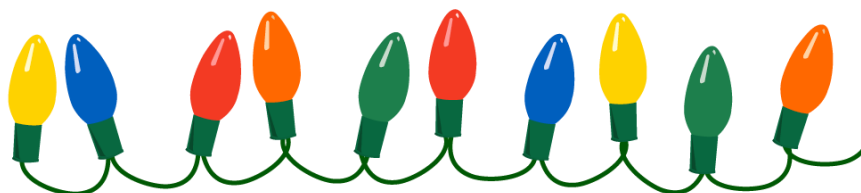
You may need to adjust your expectations for holiday exercising. Try to stay flexible. Know that you might miss out on some workouts. Sneak in exercise whenever you can by taking a walk after a large meal, for example. Make sure to get back to your regular exercise routine when you return home.

### **How can I stay on track and not overeat at holiday functions?**

You can keep your calorie intake under control in many ways. Try these tips and see which ones work best for you:

- Survey the entire table before you take any food. Decide what foods are worth eating and which you can ignore, and then stick to that decision. Why waste calories on foods that do not bring you pleasure?
- Eat a snack before you leave home. If you arrive at a party starving, you are more likely to eat too much.
- Eat your calories instead of drinking them. Stick to lower calorie or calorie-free drinks (diet sodas, water, lite beer, or a wine spritzer), instead of punches, eggnog, and mixed drinks that can have up to 500 calories/cup.
- Sip a large glass of water between every alcoholic drink, nonalcoholic punch, or eggnog. This will help keep you hydrated, and you will drink fewer calories by the end of the night.
- When you are hosting, make sure the menu includes lower-calorie foods, such as fruits, vegetables, and lean meats. When you are a guest, bring along a lower-calorie dish to share.
- Try not to hang out near the food. Find a comfortable spot across the room, and focus on people instead of eating.
- Watch your portion sizes. Do not cover your plate completely with food. When it comes to holiday sweets and alcoholic beverages, less is better.
- Drop out of the "clean plate club." Leave a few bites behind every time you eat, especially if you are eating something you do not really care for.

Enjoy your favorite holiday treats, but take a small portion, eat slowly, and savor the taste and texture of the wonderful foods of the season.



## Holiday Visits: How to Begin Conversations with Aging Family Members : Jane Strommen

These types of conversations can be uncomfortable, but do not avoid them. Here are a few tips to make the conversation go more smoothly:

- Start by educating yourself on key age-related topics, such as senior housing options, health-care and long-term care alternatives, end-of-life decisions and financial considerations.
- Make a list of topics to discuss, such as the location of important documents (wills, health-care directives, birth certificates, financial documents, medical records, etc.), living preferences, financial obligations and ability to pay for future care needs, long-term care preferences and end-of-life wishes.
- Be their **partner**, not their parent. Treating your parents as you would want to be treated if you were in their shoes is important. And, yes, one day this will be us!
- Help your parents maintain as much control in their lives as possible. This is especially critical because many older adults feel losses each day: the loss of physical strength, health, peers, identity, authority, etc. Their reaction is to try to hang on tight to whatever control they can. As adult children, we need to recognize this need for control and facilitate it every way we can.
- One way to get the conversation started is by asking meaningful open-ended questions, such as, “Last time we talked, Aunt Sally was determined to stay in the house where she’s lived for more than 40 years. What finally made her decide to move into an assisted-living community?” Another example would be, “Mom, you’ve told me all about your sister Myrtle and how her death affected you. What else is on your mind?” Consider this approach regarding money: “Dad, Brad and I are saving for our retirement, and I’m wondering how you handled this. How much money is enough? Do you worry about the cost of long-term care? Do you feel you have saved enough?”
- Give your parents time and space to process and think about their future. Remember, these are emotional, major life decisions, so don’t rush them.
- Realize that a single conversation during the holidays isn’t likely to address all the big issues, but it does open the door to continued conversations in the future.

The holidays can be a comforting time for families to start talking about their parents’ future health and well-being. But remember to have fun and enjoy the holidays!

### How Long To Store Food?

Fresh Foods	Refrigerator	Freezer
Beef, roasts, steak	3–5 days	6–12 months
Pork roasts	3–5 days	4–12 months
Pork chops	3–5 days	4–6 months
Ground meat	1–2 days	3–4 months
Leftover cooked meats	3–4 days	2–3 months
Fresh poultry	1–2 days	9–12 months
Cooked poultry	3–4 days	4–6 months
Fish	1–2 days	3–6 months
Deli meats	3–5 days	1–2 months (airtight)
Hot dogs (opened)	7 days	1–2 months (airtight)
Bacon	7 days	1 month
Milk	7 days	1 month
Eggs	3–5 weeks	Not recommended
Processed/hard cheese	1 month	4–6 months (airtight)
Berries	3–5 days (fresh)	9–12 months
Fruit (citrus, apples)	1 month	8–12 months
Vegetables	3–7 days	8–12 months

Dry Good Foods	Dry Storage
Flour	12 months
Pasta	12 months
Cake and muffin mixes	6–9 months
Spices and herbs	1–2 years
Berries (dried)	6 months
Berries (canned)	12 months
Canned fruit	9 months
Vegetables (dehydrated)	1 month
Vegetables (canned)	12 months

