

NEWSLETTER

HEALTHIER TOGETHER

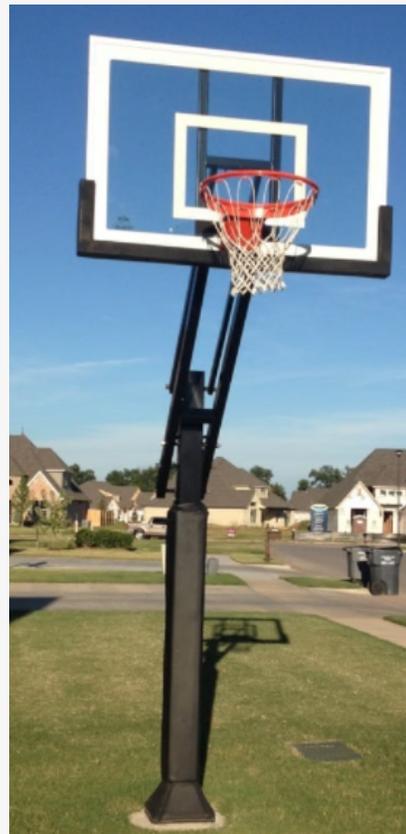
Georgia

NEW BASKETBALL GOALS COMING TO FORT GAINES

The City of Fort Gaines will be executing plans this winter to resurface and improve the local courts at Jefferson Street Park. These plans include repurposing the existing tennis court area into two basketball courts.

Healthier Together Clay has been able to provide four brand new adjustable basketball goals to add to the park renovation.

In future phases of the project, the adjacent playground area will also be enhanced with equipment for children and exercise equipment for adults.



HEALTHIER TOGETHER GEORGIA WEBSITE

UGA Extension's Healthier Together Georgia website is Live!

The website features information about the grant, updates for each Healthier Together county, healthy recipes, monthly newsletters, healthy lifestyle infographics, Faithful Families lessons and many other amazing resources to help you become healthier one step at a time!

To check it out, just follow this link:

<https://site.extension.uga.edu/healthiertogether/home/>



DOOLY COUNTY COLLEGE OF ENVIRONMENT AND DESIGN VIDEO

Healthier Together and UGA's College of Environment and Design have partnered to create plans for future development in Dooly County.

Last month, a video was released that outlines that College's plans for increasing walkability, bikeability and overall access for pedestrians of all types in Dooly County.

Please watch the video at the link below and then take the survey linked below to let us know your thoughts! The students will then use your feedback to help them develop even better plans that will best fit Dooly County's needs.

You can also add your thoughts to our Healthier Together Dooly Facebook page or send an email to grace.holmes@uga.edu

Video Link:

<https://www.youtube.com/watch?v=Q6fm7DwJqJk&t=2s>

Survey Link:

<https://tinyurl.com/DoolySurvey>



STEWART COUNTY COMMUNITY GARDENS

The Fall gardens in Stewart County are thriving!

The Stewart County Extension Community and Learning Garden has some baby cabbages and broccoli forming! Soon they will have broccoli, lettuce and cabbage ready for harvest!

The Richland Community Garden's fall crops are also doing very well! They will soon have broccoli, cabbage, cauliflower, kale and several other veggies to harvest! The okra is still blooming and the onions are breaking through the soil!

Don't forget that there is a Richland Community Garden meeting scheduled for Saturday, November 7th beginning at 11 AM at 955 Alston Street! All Richland residents are welcome to come and participate! Please keep in mind that proper social distancing will be required.

ANOTHER CALHOUN COUNTY FOOD PANTRY TO RECEIVE REFRIGERATED UNIT

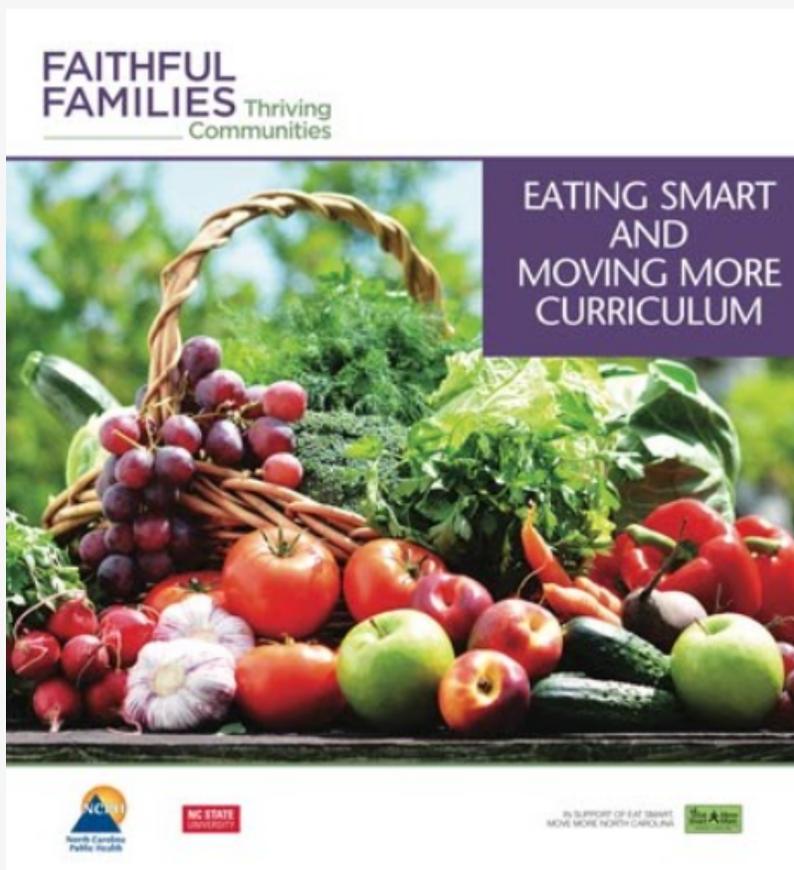
St. Maryland Baptist Church is partnering with Healthier Together to increase their food storage capacity as a food pantry. Their work has been invaluable to the Calhoun County community, especially during the COVID-19 pandemic.

Since July of 2020, they have handed out an average of 200 to 250 food boxes weekly. The unit that will be provided by Healthier Together will help them to increase storage capacity for perishable food items.

Thank you so much to St. Maryland Baptist Church for all you are doing for the Calhoun County community.

Healthier Together also recently added a unit at the Refuge Temple Apostolic Church in Edison, who has also been an amazing asset to the Calhoun County community. Their mobile pantry is scheduled for the **third Saturday in every month** unless otherwise noted.





FAITHFUL FAMILIES PROGRAMMING

Healthier Together Faithful Families Virtual Programming is Live!

Faithful Families is a nutrition based education program that believes that communities of faith are important health advocates.

The program trains and brings together facilitators and local faith communities to deliver excellent nutrition information in faith settings.

To address the challenges presented by the COVID-19 pandemic, we will be offering the content online on our Healthier Together Georgia website.

Are you part of a faith community that you think could benefit from fun and helpful nutrition education! We can get you everything you need to help make your faith community a healthier place to worship! Just contact your local FACS Agent or Grace Holmes at grace.holmes@uga.edu or 229-386-3551.

<https://site.extension.uga.edu/healthiertogether/resources/faithful-families/>

How to Quit Unsafe Food Storage Habits Cold Turkey

Adapted From: Don't let those leftovers linger too long - Merritt Melancon for CAES News

Thanksgiving is right around the corner and you know what that means - leftovers! Turkey sandwiches are often looked forward to almost as much as Thanksgiving dinner itself. However, while that delicious leftover turkey may look enticing, proper food safety practices are required to ensure the longevity of your leftovers. University of Georgia Extension Food Safety Specialist Judy Harrison says, "Leftover turkey will keep in the refrigerator, at or below 40 degrees (Fahrenheit), for three or four days. Use the stuffing and gravy within one or two days."

Stuffing Safety

It is best to cook stuffing separately from the turkey. However, if you decide to place the stuffing inside of the turkey, it should be removed before the turkey is brought to the table. Leaving the stuffing inside the turkey can make it more susceptible to dangerous bacteria. Try setting aside some "leftover" stuffing before dinner, and put it in the refrigerator for later.

Put a Timer On

After the turkey comes out of the oven, you have two hours to serve it and then refrigerate or freeze the meat. Don't leave it out longer than two hour. Slicing the meat before placing it in shallow, covered containers is recommended - this will allow for faster cooling once it is in the refrigerator. Have too much to eat in four days? Leave four days' worth of meat in the refrigerator and freeze the rest!

Freeze It for the Future

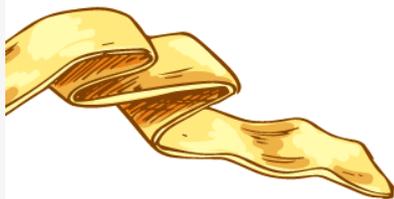
Harrison recommends packing leftovers in freezer containers, freezer paper or heavy-duty aluminum foil to avoid freezer burn. Frozen turkey, stuffing or gravy should be eaten within a month for best quality. Reheat any solid leftovers to an internal temperature of 165 degrees Fahrenheit and bring any liquid leftovers to a rolling boil before serving.

Use these tips to have a happy and safe Thanksgiving with your loved ones!

RECIPE OF THE MONTH

Italian Broccoli Noodles

Broccoli and tomatoes add color and flavor to this savory pasta dish.



Ingredients

- 6 ounces fettuccine noodles, uncooked
- 3 tablespoons green onion, chopped (also called scallions)
- 2 cups broccoli florets, fresh or frozen
- 1/2 teaspoon thyme, dried (optional)
- 1/2 teaspoon oregano, dried
- 1/2 teaspoon black pepper
- 1 can stewed tomatoes, low-sodium (14.5 ounce)
- 2/3 tablespoon Parmesan cheese, grated



Directions

1. Cook noodles according to package instructions (do not include oil or salt), and drain.
2. Spray a medium skillet with non-stick cooking spray; stir-fry onion and broccoli for 3 minutes over medium heat.
3. Add seasonings (but not Parmesan cheese) and tomatoes; simmer until heated through.
4. Spoon vegetable mixture over noodles and top with Parmesan cheese.



RECIPE OF THE MONTH

Chocolate Pumpkin Muffins

This moist muffin will satisfy all your chocolate and pumpkin cravings.

ingredients

- 2 cups all-purpose flour
- 3/4 cup sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 cup cocoa powder
- 1 can pumpkin, pureed
- 1 cup water
- 1/2 cup chocolate chips



directions

1. Whisk all the dry ingredients together. Add pumpkin and water.
2. Fold the wet ingredients into the dry ingredients until just combined. Fold in chocolate chips.
3. Divide batter into 24 prepared muffin tins and bake at 350 degrees for 12-15 minutes or until a toothpick comes out clean.



WORKOUT OF THE MONTH

EASY HOME WORKOUT

REPS

EXERCISE

30

JUMPING JACKS

20

LUNGES

10

SQUATS

5

PUSH-UPS

30S

PLANK

*Rest for 1 minute and repeat
3-5 times!*

IMPORTANT DATES UPCOMING

- **Calhoun County Virtual Coalition Meeting**

- November 18th, 12:00 PM - 1:00 PM
- Zoom Link: <https://zoom.us/j/97389987473>

- **Clay County Virtual Coalition Meeting**

- November 16th, 12:00 PM - 1:00 PM
- Zoom Link: <https://zoom.us/j/94978268956>

- **Dooly County Virtual Coalition Meeting**

- November 10th, 12:00 PM - 1:00 PM
- Zoom Link: <https://zoom.us/j/94958300271>

- **Stewart County Virtual Coalition Meeting**

- November 12th, 12:00 PM - 1:00 PM
- Zoom Link: <https://zoom.us/j/97219353060>

- **Richland Community Garden Work Group Meeting**

- Saturday, November 7th
- 11:00 AM at the Richland Community Garden Site

IMPORTANT DATES UPCOMING

- **Virtual Tasty Success - Themed Kitchen with Crisp County Extension, Healthier Together, and the Cordele-Crisp Carnegie Library**

- Thursday November 5th - 4:30 PM to 5:30 PM
- Thursday December 3rd - 4:30 PM to 5:30 PM

- Join us Live on Facebook at:

<https://www.facebook.com/ugaextensioncrispcounty>

- **Healthy Game Day Recipe Videos with Lanier County Extension FACS and Healthier Together**

- Posted every Friday on our Healthier Together Georgia Facebook and Instagram pages to make for game day!
- November 7th - Colorful Quesa

