November 2026

Cornell Cooperative Extension

Fall Quick Tips



Turkey Food Safety

No matter how you celebrate Thanksgiving, these food safety tips will help you keep family and friends safe from foodborne illnesses.

Clean: wash your hands for 20 seconds with warm water and soap to remove dirt and bacteria. Don't forget to clean cutting boards, counters, plates, and utensils with hot, soapy water. Do NOT wash your turkey! Washing your turkey can spread bacteria around your kitchen making it hard to properly clean bacteria from kitchen spaces.
Separate: keep raw foods from turkey by using separate cutting boards and knives. Wash utensils with soap and water after use.
Cook: Make sure your turkey is cooked to 165 degrees (F). If you stuff your turkey, make sure the stuffing also reaches 165 degrees (F). With a food thermometer, check the turkey at the thickest part of the breast, the innermost part of the wing, and the innermost part of the thigh to ensure your turkey is thoroughly cooked.
Chill: refrigerate all leftovers within two hours of serving. Cut turkey into thin slices and store in a covered container. The Monday after Thanksgiving is the last day leftovers should be eaten.

Building Healthy Habits

EFNEP Expanded Food and Nutrition Education Program

FARMERS' MARKET TIPS

Many markets may be moving indoors for the winter. It is still a great time to buy local onions, winter squash, cabbage, brussels sprouts, and pie pumpkins



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Building Healthy Habits Recipe

Glazed Squash

Serving size: 1/2 cup
Makes 3 cups

Ingredients

2 pounds winter squash (try acorn, butternut, delicata or others)
3 tablespoons brown sugar
¼ teaspoon each salt and black pepper

Directions

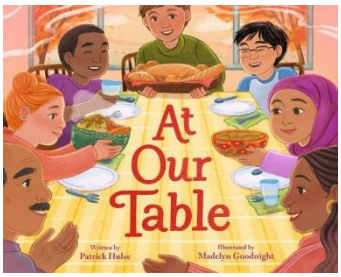
1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. Preheat oven to 400 degrees F. Line a rimmed baking sheet with foil and lightly grease.
4. Rinse the squash, cut in half and scoop out seeds. Cut squash into 1-inch-thick slices and lay on baking sheet.
5. In a small bowl, combine brown sugar, salt and pepper. Sprinkle squash with half the seasoning mixture.
6. Bake until sugar has melted, about 4-6 minutes. Remove baking sheet from oven and turn squash slices over. Sprinkle remaining seasoning mixture over squash and return to oven. Bake until squash is tender, about 15-20 minutes. Serve warm.
7. Refrigerate leftovers within 2 hours.



Nutrition Facts (per serving): 80 calories, 0 g Total Fat, 0g saturated fat, 105 mg sodium, 22g carbohydrates, 5g dietary fiber, 7g total sugars, 7g added sugar, 1g protein, 51mg calcium, 460mg potassium, 1mg iron

Kid's Book Club

Head to the public library with your child and borrow "At Our Table" by Patrick Hulse. It tells the story of an inclusive Thanksgiving, celebrating many cultures, families, and food traditions.





Meet Your Educator!

Miranda Sundquist

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