



December 11, 2017

## Holiday Help

One thing Nebraska Extension knows is how to find, prepare, cook, serve, and give food. There are many resources out there regarding these topics, but I will share with you the best one-stop shop for all your food questions: [food.unl.edu](http://food.unl.edu). There, click on the bright red box in the top right corner.

Here you will find recipes, meal prep advice, ingredient substitute lists, healthy eating and leftover ideas, canning instructions, party tips, a food pantry wish list, and much more! Alice Henneman, MS, RDN, Extension Educator, has thought of everything for this site. She will also answer any questions or send email newsletters, if requested.

Many of us know about maximum refrigeration storage times for certain foods, but there is also [a chart on this site](#) listing the maximum freezer time for those foods, as well.

Want to avoid the stress of holiday cooking on the “day of”? The site’s page on [How to Cook a Turkey the Day Before Serving It](#) will walk through all steps of cooking before, then heating up the next day.

Has it been awhile since learning all those measurement conversions in school or 4-H? The site provides a link to Measurement Conversions for Recipes, listing all abbreviations for measurements as well as Measuring Equivalents (1/4 teaspoon or less equals a “dash”, for example). How many ounces are in a quart? [This link is your answer.](#)

If you are away for an extended time, how do you know if your freezer power was off when you were away? Simple! Store an ice cube or two in a sealed plastic bag or small container in the freezer. If that cube has melted down from its original shape, you’ll know the power was off and your food isn’t safe to eat.

Traveling with food this holiday season? Remember the 2-hour rule: Avoid leaving perishable foods at room temperature longer than 2 hours (or 1 hour in warmer temperatures, including prep time), and pack foods to stay at the temperature they should be (140 F or higher for hot foods and 40 F or lower for cold foods).

While many of us will overeat in the coming weeks, there will be a shocking number of Nebraskans who remain hungry. Toward the bottom of the page, find a [link](#) to a list of food and

non-food items that are best to donate to food pantries for people in need. 'Tis the season of giving, and it feels great to help others.

Have fun exploring this site – you are guaranteed to learn something you did not know, and your family will enjoy a safer, more delicious holiday this year!

*Extension is a division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with Counties and the United States Department of Agriculture.*