

## November 2020

### Cold-weather Wellness: Tips for staying healthy this season

As the holidays approach and the pandemic continues, now is the time to set yourself up for a happy and healthy holiday season. Get a flu shot. The CDC recommends everyone over the age of 6 months get this vaccine each year.

- Practice your COVID safety measures- these will help protect against cold, flu and any other viruses.
  - Wash hands frequently
  - Use sanitizer/sanitizing wipes
  - Keep a distance
  - Avoid touching eyes, nose or mouth
  - Stay hydrated
  - Get your sleep
- Step up your nutrition game. Your body craves vitamins and minerals, and it's especially important during cold and flu season. Modify your favorite holiday meals with some healthy alternative ingredients. Watch your portion sizes, especially for fattening foods with added sugars.
- Stay active. The shorter days make this one tough. Raking leaves, climbing stairs and movement breaks are some simple ideas to stay active this fall.

This concludes your seasonal health tips! For more information, visit the NIH website or [panola.agrilife.org](http://panola.agrilife.org)

[https://magazine.medlineplus.gov/article/cold-weather-wellness-tips-for-staying-healthy-this-season?utm\\_medium=email&utm\\_source=govdelivery](https://magazine.medlineplus.gov/article/cold-weather-wellness-tips-for-staying-healthy-this-season?utm_medium=email&utm_source=govdelivery)

### Turkey Thawing

Approximately 1 in 6 people will come down with a foodborne illness each year. Practice safe thawing practices this Thanksgiving to keep your holiday both happy and healthy. The USDA suggests you thaw your turkey in one of three ways:

- Refrigerator- this takes time but it's very hands-off. Keep it sealed in original packaging, set it in a leak-proof pan and let it go for a few days (depending on how big it is).
- Cold water- this method will only take a day or so and requires a little more effort. Keep the turkey in its original packaging and then inside another plastic bag. Choose a vessel that's large enough to completely submerge the turkey. Change water every thirty minutes or so and then cook immediately.
- Microwave- remove turkey from its packaging and place it in a leak proof, microwave-safe container. Use the defrost setting and follow your instruction manual to get the right time. Once it's thawed, the turkey will need to be cooked immediately since parts of it will already be cooked.

There you have it- three ways to safely thaw- and then enjoy your turkey! Check out [agrillifeextension.tamu.edu](http://agrillifeextension.tamu.edu) or [panola.agrilife.org](http://panola.agrilife.org) for more information about thawing times and food safety.

<https://agrillifeextension.tamu.edu/solutions/safely-thawing-turkey/>