



FOOD TIPS FOR MOMS & TOTS

AN EVENT FOR POULTRY

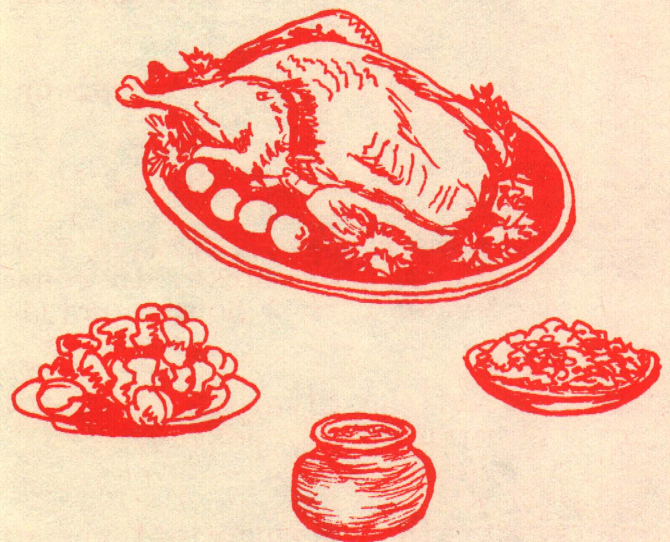
MOTHER -

The holidays are just around the corner -- time for turkey. But don't forget about whole chicken for those smaller families who get tired of turkey leftovers.

When buying either turkey or chicken, plan on 2 to 3 servings per pound.

Thawing a frozen turkey is safest if done in the refrigerator. It takes about 24 hours for every 6 pounds - an 18 pound turkey will take 3 days. Be sure to keep it tightly wrapped. If thawed at room temperature, be sure it is tightly wrapped with several layers of newspaper or placed in a doubled brown grocery bag, tightly sealed.

Do you know the difference between "stuffing" and "dressing"? Stuffing is placed inside a thawed turkey or other meat and cooked with it -- dressing is baked in a separate container. The food is the same.



YOU AND YOUR CHILD




























Giblet Stuffing for Poultry

Steps for:

MOTHER

CHILD

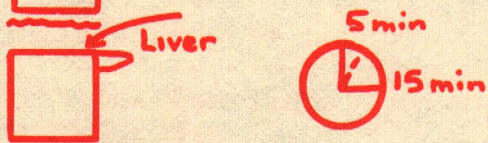
1. Measure ingredients:

-  3/4 cup minced onion   
-  1 1/2 cups   chopped celery (stalks and leaves)
- 1 cup  or 2 sticks  margarine or butter
-  9 cups soft bread cubes         
- 2 teaspoons   salt
- 1 1/2 teaspoons   crushed sage leaves (optional)
- 1 teaspoon  thyme leaves (optional)
- (Instead of sage leaves and thyme leaves, you can use
2 teaspoons   poultry seasoning)
- 1/2 teaspoon  pepper
- giblets (liver, heart, gizzard, neck)

2. Simmer heart, gizzard from the chicken or turkey in seasoned water 1 to 2 hours, until tender.



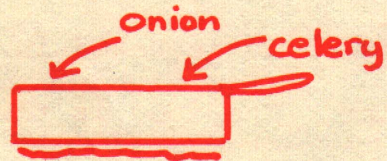
3. Add the liver the last 5 to 15 minutes of cooking.



4. Drain the water off the giblets. Chop.



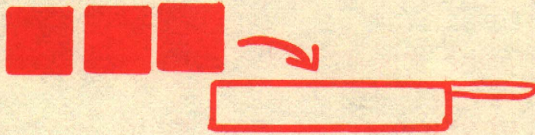
5. Melt the butter in a large frying pan. Add the onions and celery. Cook until onions are tender.



MOTHER

CHILD

6.



Add in about 1/3 of the bread cubes. Stir.

7.

Turn into a deep bowl.

seasoning
bread crumbs
giblets



8.

Add remaining ingredients and toss. (Also, giblets.)

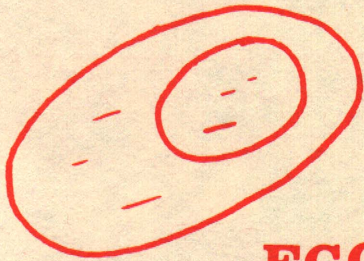
9. Stuff turkey just before roasting. (Don't let the warm stuffing set in the bird; stuff the bird when you are ready to cook it.)

Makes 9 cups. Enough for a 12 pound turkey. (Need 3/4 cup stuffing per pound of poultry.)

YOUR CHILD

Food Comes From?

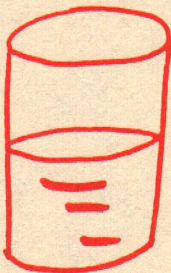
Talk to your child about where we get our food. Then let him draw a line to the plant or animal from which the food came.



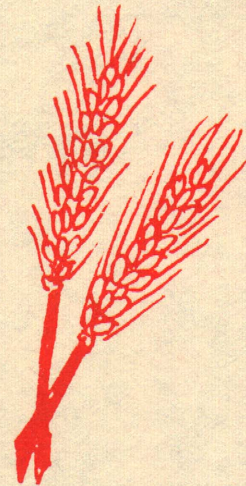
EGG



COW



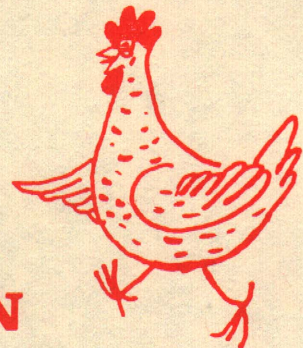
MILK



WHEAT



BREAD



CHICKEN