Are You Ready for the New Year?

The year 2010 is just around the corner and I still haven’t buttoned up this year. Fortunately, I have the standard New Years Resolution so I don’t have to come up with a new one. In the last 10 years I have lost a total of 100 pounds in the first three months of the year. Unfortunately by the end of the year they have caught back up with me. It is a good thing that I start out successful or I would have to grow two inches to be round.

I will be conducting the 10-10-10 weight management class starting Friday, January 8th at the Columbia Gorge Community College. This always gets me started on the right track as it is very hard to stand in front of people and tell them how to lose weight while yours is going the opposite direction.

I will also be able to participate in Strong People classes occasionally, which will address the resolution to become more active.

If all else fails, I will look “fabulous, not frumpy” because of using vertical measurements to find the right length for my neckline, sleeves, jackets, skirts, and pants. The FCE group took part in the class in November and really enjoyed it so we will do the same thing in The Dalles in February. Watch the newsletter for dates and times. I hope to see you at one of these “life changing” events.

Hope you all have a happy holiday.

Fern Wilcox
Extension Educator

Loss Leaders

A loss leader is a product sold at a low price to stimulate other, profitable sales. The price can even be so low that the product is sold at a loss.

When you buy that item, the retailer is counting on you to pick up lots of other things at full price to more than cover the “loss”. Instead, you’ll pick up enough of the loss leader to last until the next time it is priced this cheaply. At least, that’s the plan.

At this time of year, the typical supermarket makes loss leaders out of baking ingredients. Chocolate chips, sugar and flour are pretty sure bets.

Buy enough of these ingredients while they are on sale at rock bottom prices to last until next December. This guarantees you won’t have to pay full price come next summer. The next page has a list of items and storage information that will help you to take advantage of those loss leaders.

Source: Debt Proof Living December 2009

Inside this issue:

Loss leader shopping list 2
Turkey Leftovers 3
Census Takers 3
Websites 3
Recipe 4
Calendar 4

Special points of interest:
- Calculator for turkey size and amount of stuffing at: www.butterball.com
- Jan 7, County Council meeting and Lighting Training
- January 8 first meeting of 10-10-10 Weight Management Class
Bargains to Last the Year

**Baking powder:** Store in a tightly lidded container, eighteen months unopened, six months opened.

**Baking soda:** Store in an airtight container in a cool, dry place; it’s good for two years unopened, six months opened.

**Brown sugar:** Store in the freezer and use within six months, opened or unopened.

**Butter:** Comes two ways: salted and unsalted. Salt is added for flavor and as a preservative so it will have a longer shelf life. Salted lasts up to five months refrigerated; unsalted has a short shelf life of about three months in the refrigerator. If you do not plan to use unsalted butter right away, it is best to freeze it. Butter can be frozen for about six months. Defrost overnight in the refrigerator.

**Canned evaporated milk:** Store unopened on the pantry shelf for up to six months. Best to check the “use by” date on the product. After this time, it will not turn sour, but it will turn yellow and lose its flavor.

**Chocolate chips:** Store in the cupboard at room temperature for 18 to 24 months unopened, one year if opened.

**Cooking oils:** Store on pantry shelves at room temperature. Good for up to a year; check if still good with the smell test. Oils can become rancid.

**Eggs:** Properly stored in the refrigerator, fresh eggs are good for four to five weeks past the “sell by” date.

**Extracts:** Expect these to last up to three or four years when kept at room temperature.

**Flour:** Store in the freezer. Unopened flour lasts for up to a year; opened, six to eight months. Whole wheat flour is good for up to a year unopened, but use it within six months if opened so the oil doesn’t dry out.

**Granulated sugar:** Store in cool, dry place; good for two years unopened; use within six months if opened.

**Karo syrup:** ACH Food Companies, Inc., that owns Karo syrup, says that it is safe for consumption for an indefinite period of time whether it has been opened or not. Light corn syrup may turn slightly yellow with age, but this is normal and not harmful. Storage conditions affect product quality. Before or after opening, Karo syrup may be stored at room temperature.

**Marshmallow crème:** Store at room temperature for four months unopened; store in refrigerator once opened and use within two months.

**Marshmallows:** Keep in an airtight container on the pantry shelf; good for three months.

**Molasses:** Store unopened in a cool, dark place for one year; store opened for six months in a cool, dry place or the refrigerator. Make sure the lid is tightly sealed.

**Powdered sugar:** Store in a cool, dry place (not the refrigerator); good for eighteen months unopened.

**Pure vanilla extract:** Store at room temperature; as long as it is pure, it has an indefinite shelf life. In fact, it gets better with age.

**Raisins:** Up to three years stored on pantry shelf at temperatures up to 80º F. Can be refrigerated.

**Shortening:** Store on shelf at room temperature. Unopened, shortening lasts up to a year; opened, only three to four months until it turns rancid.

**Spices, ground:** Store in a cool, dry place for two to three years. Note: Paprika and cayenne pepper should be refrigerated.

**Spices, whole:** Whole spices don’t spoil, they just lose their strength. Store in a cool, dry place for two to four years.

**Sweetened condensed milk:** Store in a dry, clean and cool place; good for one year unopened; invert can every two months. Carnation does not recommend using sweetened condensed milk past its “best before date” for quality reasons.
Five tips to make the most of your turkey leftovers

1. **Purchase more than you need for Thanksgiving dinner.** Turkey is often on sale during November, so take advantage of discounted prices. Count on a pound of uncooked turkey per person for Thanksgiving dinner. Purchase a larger turkey accordingly, depending on how much you want remaining for future use.

2. **Refrigerate or freeze cooled leftover turkey within two hours of cooking.** Carve remaining turkey from the bones (do not refrigerate a whole cooked turkey), and store in air-tight zippered food storage bags or plastic food storage containers. Remove stuffing from turkey, cool, and refrigerate in a separate storage container.

3. **Refrigerate cooked turkey for no longer than three days.**

4. **Freeze cooked turkey no longer than four months.** To minimize freezer burn, make sure food is packaged in air-tight containers before freezing.

5. **Chill leftover turkey** in toted lunches with an ice block, or refrigerate when you get to work. Never let leftovers sit at room temperature.


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**2010 Census**

Households will be contacted by mail, telephone or visited by a U.S. Census worker who will inquire about the number of people living in the house. Unfortunately, people may also be contacted by scammers who are impersonating Census workers in order to gain access to sensitive financial information such as Social Security, bank account or credit card numbers. Law enforcement in several states have issued warnings that scammers are already posing as Census Bureau employees and knocking on doors asking for donations and Social Security numbers.

The big question is: how do you tell the difference between a U.S. Census worker and a con artist? BBB offers the following advice:

- If a U.S. Census worker knocks on your door, they will have a badge, a handheld device, a Census Bureau canvas bag and a confidentiality notice. Ask to see their identification and their badge before answering their questions. However, you should never invite anyone you don’t know into your home.
- Census workers are currently only knocking on doors to verify address information. Do not give your Social Security number, credit card or banking information to anyone, even if they claim they need it for the U.S. Census. While the Census Bureau might ask for basic financial information, such as a salary range, it will not ask for Social Security, bank account or credit card numbers nor will employees solicit donations.
- Eventually, Census workers may contact you by telephone, mail or in person at home. However, they will not contact you by e-mail, so be on the lookout for e-mail scams impersonating the Census. Never click on a link or open any attachments in an e-mail that are supposedly from the U.S. Census Bureau.

Source: [www.bbb.org](http://www.bbb.org)

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**Fun Websites**

**Gamespot**

With Christmas nearing, you may be thinking about a gift for your favorite gamer. Young or old, PC or DS, Gamespot.com is the site to check out. While filled with great content, the most valuable benefit of the site is the game review section. Each summary shows the publisher, developer, genre, release date, ESRB rating and description. After a short commercial, you can view a video of the game. This can be extremely helpful in getting an idea of the appropriateness of the content. Reviews from other gamers are also helpful in deciding about a game.

Use the compare prices feature to determine a game’s cost. There is a large variety of games to check out on this website, so you may want to make use of the search feature to minimize exposure to games that could be offensive.

Source: [Debt Proof Living November 2009](#)
### Holiday Tossed Salad

**Ingredients**

- 6 cups romaine lettuce or mixed greens
- 1/2 cup fresh chopped parsley
- 1/2 cup cranberries, dried or fresh-chopped
- 1/2 cup diced fresh orange segments or canned mandarins, drained
- 1/4 cup chopped red onion
- 2 Tbsp chopped pecans
- 1 Tbsp olive oil
- 3 Tbsp red wine vinegar
- Black pepper to taste

**Instructions**

1. Toss lettuce and parsley in a large salad bowl. Top with cranberries, oranges, pecans and onion.
2. Refrigerate until ready to serve. Toss with oil, vinegar and pepper at service time.

**Nutritional Information**

Calories 92, Fat 6 g., Sat. fat 0.5 g, Cholesterol 0 mg, Sodium 15 mg, Carbohydrates 9 g, Protein 2.5 g, Fiber 3.5 g.

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