

# NC

# COOPERATIVE EXTENSION



NC STATE  
UNIVERSITY

## Family & Consumer Sciences

Davidson County Center  
301 East Center Street  
Lexington, NC 27292  
Phone: 336-242-2092

### December Newsletter

## PREPARING FOR THE HOLIDAYS

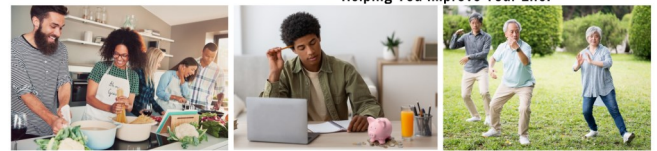
### Preparing dishes ahead of time?

- After cooking, cool food quickly by putting it in separate shallow containers and stirring frequently.
- Foods immediately refrigerated in the dish used for cooking won't cool fast enough because the dish will stay hot.
- Tightly wrap cooled foods to prevent contamination.



NC COOPERATIVE  
EXTENSION

Extension At Home  
Helping You Improve Your Life!



Lunch & Learn  
2nd Tuesday of the Month  
12:00 pm EDT/EST



**Tuesday, January 9, 2024**

Meal Prep 101

Learn meal planning techniques,  
MyPlate guidelines, the basics of meal  
prepping and more!

Register at:

<https://go.ncsu.edu/mealprep101>

### Next Up:

**February 13:** Happy Heart Habits:  
Steps to Better Cardio Health

**March 12:** Cook with Ease: Tips,  
Tools & Gadgets



# Food Gifts: Baked Goods

- Many baked goods, like breads and cookies, can be stored at room temperature. Keep covered to prevent contamination.
- Baked goods with cream, custard, cheese, meat and/or vegetable fillings and cream frostings should be refrigerated.

NC STATE  
EXTENSION



---

## Important Dates:

Family & Consumer Sciences (FCS)/ECA Advisory Council Meetings  
2024

January 10, April 10, July 10 and October 9 Time: 10 am-11 am

N.C. Cooperative Extension prohibits discrimination and harassment regardless of age, color, disability, family and marital status, gender identity, national origin, political beliefs, race, religion, sex (including pregnancy), sexual orientation and veteran status. NC State University, N.C. A&T State University, U.S. Department of Agriculture and local governments cooperating.