

November 2011

Welcoming the Holiday Season

This issue of CFSAN's News for Educators features at-a-glance topical information to share with consumers as the holiday season approaches. Don't miss the list of upcoming meetings, events and other important news from FDA's Center for Food Safety and Applied Nutrition, too!

Food Safety

Food Safety for the Holiday Season

November ushers in the beginning of the holiday season ... and kicks off a long stretch of food-related events and celebrations! It's likely that every consumer you work with either has an **at-risk** family member, or will be entertaining one this season. At-risk audiences include:

- Pregnant women
- Older adults
- Young children
- Those with a chronic illness
- Those with a weakened immune system

Remind consumers that proper food safety practices are especially important when cooking for these friends and family members.



Online Resource:

As you know, safe food handling is critically important for at-risk audiences. Check out these specific materials for [Pregnant Women](#), [Hispanic Women](#), and [Senior Audiences](#) to use as the basis for a presentation, or to distribute in your community. You can also use FDA's [food safety video on holiday entertaining](#) for community presentations.

Nutrition

Healthful Food Choices During the "Season Of Eating"

Holiday season can often mean more parties, more fancy treats and sweets ... and more opportunity to "give in" to higher calorie/less nutritious foods. These one-at-a-time temptations can turn into a whole lot of extra calories during a season that begins with Thanksgiving and stretches for nearly six weeks into the New Year. While it is easier for consumers to track nutrients at home by using the **Nutrition Facts Label**, FDA offers some simple strategies for nutritious choices at parties, too:

- 1. Go for the veggies.** Whenever possible, choose raw or steamed vegetables from the buffet. These "up" the nutrients to get more of, like vitamin C.
- 2. Choose whole grains.** Fiber, an important nutrient to get more of, is found in whole-wheat breads, brown rice, and grains like barley and oats.
- 3. Limit creamy condiments and dressings.** These can be high in nutrients to get less of, like sodium and certain fats.
- 4. Watch serving size.** You don't necessarily need to pass up your favorite party foods ... just limit your portion.



Online Resource:

Share FDA's handy [Food Label & You](#) video with consumers. You can show the entire video, or just use the sections on [party food](#) and [restaurants](#). It makes a great springboard for group discussion and brainstorming.

Cosmetics

Safe Cosmetic Use During Party Season

Festive occasions can mean fancy attire – including the increased use of cosmetics. But remind consumers that safety still counts, even as they are running off to the company holiday party or meeting up with friends! Something as basic as mascara can cause injury or infection if not used properly, so share these key reminders from FDA:

- Never apply makeup in a car, bus, plane or any other moving vehicle.
- Wash hands before applying makeup, and keep all implements clean.
- Don't add water or spit into any makeup to moisten it. If mascara dries up, throw it out.
- Never share eye makeup.
- Remove all makeup, including mascara, before you go to bed.



Online Resource:

Use the [Cosmetic Safety Fact Sheet](#) to use as a source for educational messaging or to give out to consumer audiences. This fact sheet may be especially helpful for parents of teen girls who may be less experienced in safe cosmetic use.

Upcoming Events

National Science Teachers Association
Regional Conference
November 10–12, 2011
New Orleans, LA

National Middle School Teachers Association
November 10–12, 2011
Louisville, KY

"Approaches to Reducing Sodium Consumption"
Public Meeting
November 10, 2011
Silver Spring, MD

National Science Teachers Association
Regional Conference
December 8–10, 2011
Seattle, WA

American Alliance for Health, Physical Education, Recreation & Dance
March 13–17, 2012
Boston, MA

National Science Teachers Association National Conference
March 29–April 1, 2012
Indianapolis, IN

National School Boards Association
April 21–23, 2012
Boston, MA

American Association of Family and Consumer Sciences Teachers
June 24–27, 2012
Indianapolis, IN

For More Information

- Visit the [FDA Education Resource Library](#) for downloadable handouts and fact sheets.
- Access Food Safety At-a-Glance Charts on such topics as thawing/cooking turkey and storing holiday leftovers at the [government food safety portal](#).
- Find additional food safety educational materials from the non-profit [Partnership for Food Safety Education](#), creator of the Fight BAC!® campaign.
- Sign up for future [News for Educators](#).