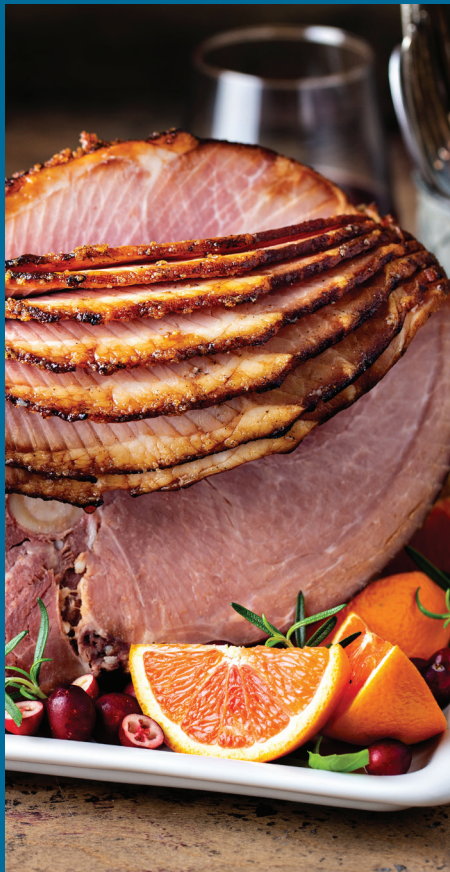




Planning *Holiday and Celebration Meals* on a Thrifty Budget

WORKBOOK



Introduction

From cookouts in the summer to Thanksgiving in the fall, Americans like to celebrate all year long! The holidays we celebrate, and the way and the degree to which we observe those holidays, varies from person to person and/or family to family.

Food is common in many celebrations. Unlike everyday meals, holiday meals are special because of the memories and feelings around the holiday. Holiday meals can be a way to honor your heritage. It can be a time to celebrate and enjoy time with family and friends.

Holiday meals and celebrations can also be a source of stress when the job of planning, budgeting, and making a large meal falls to one person. Many holiday meals and celebrations are shared with more people at the table. While having a great meal with others is nice, sometimes it is hard to find the extra money and time to prepare food for guests.

For all the holidays you celebrate, this workbook will help you budget, plan, and prepare your special meal. Planning will help you have enough food, pay for the groceries, and make the meal. Planning will also help you use leftovers quickly and keep your food safe. It will also boost your confidence that you can cook a holiday meal without being overly stressed. This gives you time to be part of the holiday fun, too.

Honoring Family Traditions at Holiday Meals

We all have many ways to celebrate a given holiday. We often think about holidays with certain foods. We may even think about the person who often makes a special dish, such as Aunt Mary's Cinnamon Swirl Bread. Sometimes a certain food makes us think about loved ones who have passed on.

Holiday meals can be about having or not having set foods because of religious practice, cultural customs, or family traditions. And many of us find great comfort when we enjoy our heritage. Aside from the food itself, the act of coming together at the table links us to each other in the spirit of the holiday.

So, what role do customs play when we plan holiday meals? Of course, many of us know what goes into making some of our favorite holiday dishes. Some recipes even have multi-day or multi-week timelines. But beyond keeping our food traditions alive, there are some other things to think about:

- Connect with others by table. It could be a new dish to make or a new way to celebrate. Try going around the table and letting each person say what they are thankful for on Thanksgiving.
- Learn more about your own traditions. We may not realize where some of our own traditions came from. Talk to family members and friends to find out how they came to be. You might learn more about a certain recipe and how to make it.
- Ask those close to you how they celebrated holidays growing up. You can learn about what customs didn't carry on, how things were at certain points in time, and glean something new about someone you know well.
- Take time to involve the younger family members. We can often think back to a dish from our past that we wish we could make. Some holidays can come with little time to spare. But finding the time to make certain dishes together can bring great joy. Bring family members, young and old, to make

a time-honored dish together. This can keep the custom alive for years to come. Use our recipe sheets and be sure to record your family favorites and have them for generations to come.

- Teach your traditions to others. Invite friends over to make a holiday dish. This can expose people to a new dish or new way of life. Maybe even have a potluck. Each person could bring a dish that has meaning to them. You can learn about each other's cultures and traditions through food.
- Learn about other cultures. Show your family something new by reading about holidays common to certain cultures. You may decide to make a special dish. Even if you do not celebrate the holiday, you can honor the culture by understanding their traditions.

Both food and holidays have the power to bring people together. When planning, take the time to keep your customs alive, make new ones, or revisit old ones.

There are other ways to make holiday meals feel special with simple foods and meals. Here are some ideas:

- Use festive paper napkins or plates with the holiday theme.
- Ask children to make a holiday craft using recycled items and place it on the table.
- Use the same blanket or quilt every time you have a July Fourth picnic.
- Light candles for the meal.
- Make cards that ask questions about your family or about the holiday during the meal.
- Use nature to decorate. Whether it is wildflowers in spring or pinecones and spruce in winter, create a cozy mood.

Be creative with your ideas and have fun making your own holiday traditions.



Our Favorite Recipes

Recipe Name: _____

Serves: _____ Serving Size: _____

Ingredients: _____

Directions: _____

Cooking Notes: _____

Reminders About Family and Friends Who Attend

NAME	THEIR FAVORITE FOODS	SPECIAL DIET NEEDS AND ALLERGIES

Holiday Meals with MyPlate

MyPlate can help build nutritious meals, even during the holidays! MyPlate meals include foods from the five food groups, in certain amounts, to ensure you make the most of your meals. Eating MyPlate meals can help you feel full longer, while getting the nutrients your body needs. Below is the general MyPlate guidance:

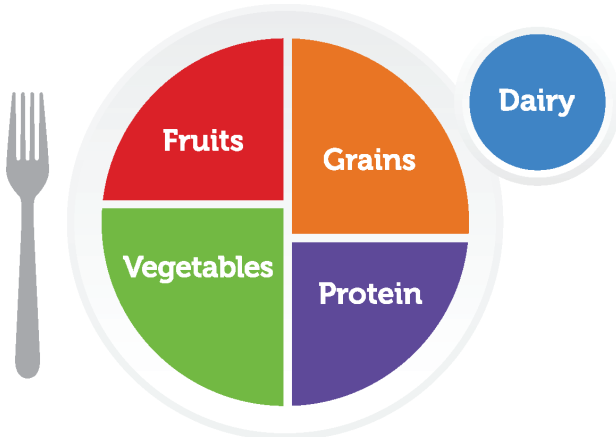
Fruits: Make half your plate fruits and vegetables; focus on whole fruits.

Vegetables: Make half your plate fruits and vegetables; vary your veggies.

Grains: Make half your grains whole grains.

Protein foods: Vary your protein routine.

Dairy: Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).



MyPlate.gov

MyPlate ensures that you can “make it your own.” Select healthy foods, beverages, meals, and snacks specific to your needs and likings. On holidays that might involve overeating, keep these tips in mind:

- Stick to normal eating patterns. Do not skip meals to eat more later. This often results in making food choices just because you are hungry and want food fast. Eating balanced MyPlate meals will help make balanced choices.
- Make room for MyPlate. Try to include the MyPlate food groups during holiday meals and snacks. Even if you do not make half of your plate fruits and veggies, still aim to include fruits and veggies for meals.
- Fit in foods you like. Do not avoid holiday favorites altogether. Include them with other food choices to feel satisfied.
- Think about your drink. Choose water to keep added sugars and saturated fats at bay.
- Get moving. During warmer months, set up some type of game to play outside or take a walk with family and friends after the meal.
- Savor the flavor. Sit down and enjoy your meal slowly. Savor each bite to get the most pleasure out of your meal, even when it comes to dessert! Make food choices you really want to eat and enjoy each bite.

Meal Planning Tips

Holiday meals should be about what each person likes and enjoys. Are there certain main dishes, vegetables, salads, or desserts that are often part of your celebrations? You will likely want to include family favorites in your meal if you can afford to do so.

After the favorite recipes, add other foods to round out the meal as your budget and needs allow. If your favorite recipes are costly, try to keep other foods simple and low-cost.

There is a saying: We eat with our eyes first. To have an eye-enticing meal, try choosing a menu with different colors, textures, flavors, temperatures, and shapes. Here are some tips:

Color	Plan meals with colorful vegetables and fruits. Blue, purple, green, yellow, orange, red, and white – eat the rainbow! Try to have at least two colors in a meal.
Texture	Offer choices that are crisp, crunchy, smooth, soft, and chewy. Texture variety makes for a pleasing mouthfeel. You can prepare fruits and vegetables in many ways that add texture to a meal.
Flavor	Flavor gives balance to a meal. Flavors can be bland, spicy, sweet, savory, herby, sour, or bitter. Spices, herbs, and other seasonings are ways to build flavor. Not all recipes need to be highly flavored – pair bland with more strongly flavored foods.
Temperature	Temperature provides a pleasing contrast when eating. Choose some hot dishes and some cold dishes for the menu. Most kitchens are limited by the number of foods you can cook on the stove or oven. By having some cold dishes like salad or fresh fruit, you offer more options.
Balance	Balance heavy, filling dishes with lighter ones. If you are having lasagna and garlic bread, make steamed broccoli or a green salad to balance it out.
Shapes	Food shapes add interest to a meal. Serve foods in different ways such as sliced, cubed, mashed, whole, or shredded.

How much will you need to prepare? The number of dishes and how much to make will depend on:

- How many people are joining and the size of their appetites,
- How much money you can spend,
- Your kitchen space, including the number of burners, refrigerator space, and food storage area, and
- The kinds of kitchen appliances, equipment, and tools you need to prepare recipes.

As a rule, the more dishes you have, the less of each you will need. If you are serving three vegetable side dishes, you will need less of each dish. And, if you serve one vegetable, you will need a larger amount of that one vegetable to feed everyone.

Smaller households may not need a full recipe for the meal. Many recipes can be divided to bake into two smaller pans. Wrap and freeze one of the pans for later, labeled with the name, date, and cooking directions. Two loaf pans or two 8-by-8-inch square pans will hold a recipe that fits in a 13-by-9-inch baking dish.

Make only as much as everyone will eat or have a plan for leftovers. Use our chart as a guideline for how much to plan per person for common holiday foods. If those joining you really like any of these foods, you might need to plan a little bit more.

Food Planning Per Adult

Remember, the more recipes you prepare, the smaller amount you will need of each. When serving four or more side dishes, plan a 1/2 cup of each per person. Plan on a 1-cup serving of each dish if making three or fewer side dishes.

FOOD	AMOUNT TO PLAN FOR EACH ADULT	HELPFUL HINTS FOR PLANNING
Ham, Bone-in	1/2 to 3/4 pound	15-pound ham serves 22 to 30
Ham, Partially Bone-in	1/3 to 1/2 pound	6-pound ham serves 12 to 18
Ham, Boneless	1/4 to 1/3 pound	2-pound ham serves 8 to 9
Turkey, Whole	1 pound	12-pound turkey = 12 servings
Turkey Breast, Bone-in	3/4 pound	6-pound breast serves 7 to 8
Turkey Breast, Boneless	1/3 to 1/2 pound	2-pound breast serves 4 to 6
Lamb, Center Loin Roast	1/2 pound	4-pound loin serves 8
Lamb, Leg	3/4 to 1 pound	6-pound leg serves 6 to 8
Beef, Trimmed Roast	1/3 to 1/2 pound	3-pound roast serves 6 to 9
Beef, Steak	1/3 pound	11-ounce steak serves 2
Beef, Ground Burgers	1/4 to 1/3 pound	1 pound serves 3 to 4
Fish	1/3 pound	1 pound serves 3
Chicken, Whole	3/4 to 1 pound	4-pound chicken serves 4 to 5
Chicken Pieces, Bone-in	1/3 to 1/2 pound	2 pounds serves 4 to 6
Chicken Pieces, Boneless	1/4 to 1/3 pound	1 pound = 3 to 4 servings
Venison, Roast or Loin	1/3 to 1/2 pound	2-pound roast or loin serves 4 to 6
Pork Loin	1/3 to 1/2 pound	4-pound loin serves 8 to 12
Appetizers (as the meal)	1 pound	12 portions or bites serves 1
Soup (as the meal)	2 cups	2 quarts of soup serves 4
Mashed Potatoes	1/3 to 2/3 pound	4 medium potatoes serves 2 (1 cup) or 4 (1/2 cup) 5 pounds potatoes serves 10 (1 cup) or 20 (1/2 cup)
Vegetable Casseroles	1/2 to 1 cup	9-by-13-inch casserole serves 12 (1 cup) or 24 (1/2 cup) 2-quart casserole serves 6 to 8 cup (1 cup) or 12 to 16 (1/2 cup)
Vegetables	1/4 to 1/2 pound	1 pound fresh serves 2 (1 cup) or 4 (1/2 cup) 16 ounces frozen serves 2 (1 cup) or 4 (1/2 cup) 15 ounces canned serves 2 to 3
Gravy	1/4 to 1/3 cup	12 ounces serves 4 to 6
Bread or Rolls	1 1/2 pieces or rolls	1 dozen rolls or pieces serves 8
Salads, hearty	1/2 to 1 cup	14 to 16 ounces cole slaw mix serves 6 to 7 (1 cup) or 12 to 14 (1/2 cup)
Salads, leafy	1 cup	1 head Iceberg lettuce serves 12 1 head Romaine lettuce serves 6 to 8
Rice or Pasta Dishes	2 to 3 ounces	16 ounces of rice serves 12 (1/2 cup) 16 ounces of pasta serves 8 (1/2 cup)
Desserts	1 1/2 servings	9-by-13-inch cake serves 20 to 24 Pie serves 8 -9-by-9-inch brownies serves 9 to 12
Fruit	1/4 to 1/2 pound	1 small apple serves 1 (1 cup) or 2 (1/2 cup) 1 average watermelon serves 32 (1 cup) 16 ounces frozen serves 2 (1 cup) or 4 (1/2 cup) 15 ounces canned serves 2 to 3

What Are You Serving?

Note if others are bringing items to contribute to the meal.

Appetizers and Soups	Cold Salads	Hot Veggies and Sides
Proteins	Breads, Rolls, Biscuits	Desserts

For this meal...

1. Are our favorite recipes included?
2. Is there a good mix of hot and cold food?
3. Is there a mix of colors?
4. Is there a variety of textures?
5. Is every MyPlate food group represented?
 - a. Number of grains:
 - b. Number of proteins:
 - c. Number of vegetables:
 - d. Number of fruits:
 - e. Number of dairy foods:
6. Are the ingredients within the budget?
7. Do we have the equipment, space, and appliances to prepare these foods?



For kitchen and cooking tips and how-to videos, check out our website, www.planeatmove.com. Look for ideas to help make cooking a holiday meal stress-free. Search our recipes if you are looking for something new to serve.

Ingredients Needed

On-Hand in the Pantry...	Groceries I Need to Buy...
On-Hand in the Refrigerator...	
On-Hand in the Freezer...	

5-Week Budget Shopping Method

Shopping Trip 1: Canned Foods	Shopping Trip 2: Dry Ingredients
Shopping Trip 3: Flavor Ingredients	Shopping Trip 4: Frozen Foods
Shopping Trip 5: Perishable Items and Last-Minute Ingredients	

Working Ahead

To reduce the stress of holiday meal preparation, try making some parts of a meal ahead of time. Here are a few ideas:

- You can prepare many foods like casseroles, breads, and desserts several weeks ahead. Wrap them tightly and store in the freezer. Plan to thaw in the refrigerator for one or two days.
- You can prepare recipes like casseroles, salads, appetizers, and desserts one or two days in advance and refrigerate them.
- Prepare some of the ingredients a day in advance. Cut produce, form hamburger patties, make sauces, measure seasonings, and do other tasks needed for the meal. This cuts down the amount of work on the day of the meal.
- Thaw food ahead. A large cut of meat like a turkey will take several days to thaw in the refrigerator. Other foods may take a day or two to thaw. A good rule for thawing is to allow one whole day for each 4 to 5 pounds in a refrigerator. Do not wait until it is too late for this step.
- Gather serving dishes and utensils to use for each food several days before. Be sure there are enough plates and silverware for all the guests. Consider using throw-away items for large groups; this will help with cleanup.

Looking back at your menu, what can you do ahead of time for your meal? Use this planning section below.

Few Weeks Before	5 to 7 Days Before
2 to 4 Days Before	1 Day Before

Ingredient Substitute Cheat Sheet

If you don't have...	Use this instead...
1 cup buttermilk	1 tablespoon of vinegar or lemon juice plus milk to equal 1 cup
1 cup milk	1/3 cup nonfat dry milk powder mixed with 1 cup water
1 cup yogurt	1 cup sour cream, cream cheese, or buttermilk
2 eggs for baking	1/2 cup unsweetened applesauce
1 tablespoon cornstarch	2 tablespoons all-purpose flour
1 teaspoon baking powder	1/2 teaspoon cream of tartar plus 1/4 teaspoon baking soda
1 cup cake flour	1 cup sifted all-purpose flour minus 2 tablespoons
1 cup self-rising flour	1 cup all-purpose flour plus 1 1/2 teaspoons baking powder and 1/2 teaspoon salt
1 cup cornmeal mix	3/4 cup regular cornmeal plus 3 tablespoons all-purpose flour, 1 tablespoon baking powder, and 1/2 teaspoon granulated salt
Collard greens	Cabbage
Mustard greens	Kale or turnip greens
Spinach	Lettuce (for raw dishes and salads)
Basil	Italian seasoning or oregano
Bay leaves	Oregano, rosemary, sage, or thyme
Oregano	Bay leaves, Italian seasoning, rosemary, thyme, or sage
Parsley	Basil, cilantro, dill, or Italian seasoning
Rosemary	Bay leaves, oregano, thyme, or sage
Sage	Bay leaves, oregano, rosemary, or thyme
Allspice	Cinnamon, cloves, nutmeg, or a mixture of the three
Chili powder	Combine paprika, onion powder, garlic powder, cumin, oregano, and red pepper
Cinnamon	Allspice, apple pie spice, pumpkin pie spice, nutmeg, or cloves
Cumin	Chili powder, garlic powder, onion powder, or curry powder
Ginger	Allspice, cinnamon, or cloves
Nutmeg	Allspice, cinnamon, cloves, or ground ginger

Meal Day Timeline

Trying to have every part of a holiday meal ready at the same time can be a challenge! Letting foods sit out too long while other foods are cooking might make them unsafe to eat. Just a little planning can help keep holiday meals both safe and tasty.

Remember, there might not be enough room to cook all the items in the oven or on the stovetop at once. Use slow cookers to cook foods like meats, beans, and vegetables. You can also use them to keep foods like mashed potatoes warm for several hours. Also try a toaster oven to bake rolls or heat some dishes.

You can prepare foods served cold early, then cover and keep them in the refrigerator until mealtime. Use baking sheets and plates to help stack dishes in the refrigerator.

Use our Meal Day Timeline to help serve the meal at just the right time. Here are some planning questions and tips to help:

1. What time is the meal?
2. List each recipe and how long each food takes to cook, including preparing time and standing or slicing time.
3. What time should each recipe start cooking? Count backward from the mealtime.
4. Plan the timing for each recipe and each major step using the table.
5. Look at recipes or some steps that you can do ahead of time.
6. Plan to have help if needed.
7. Adjust your schedule or menu if needed.

The next few pages have a few charts to help you plan.



Meal Day Timeline

Recipe Name	Major Steps		Time Needed for Each Step	Time to Start Each Step	Check When Complete

Meal Day Timeline

Recipe Name	Major Steps		Time Needed for Each Step	Time to Start Each Step	Check When Complete



Use job notes to let guests know how to help!

Write each job on a separate slip of paper. This can include a note for each step of making recipes. For example, one note can list the step to butter the rolls. Another note can list the job of placing the rolls in the oven and browning. It can be helpful to list times on the note slips. Stick job notes on the refrigerator or a bulletin board. Guests can choose what they would like to do to help. When the job is finished, they can take down the note. This is also a great way to remember all the things to do! Add cleanup jobs like packing leftovers and taking out the trash, too.

Holiday Food Safety

Serving food at holiday gatherings involves some extra food safety risks because people often bring food from one home to another.

Most people who get foodborne illness will recover. But foodborne illness is not a pleasant way to spend a holiday. Anyone can get very ill from these germs. This is largely true for people with weak immune systems. This could include the very young, older people, and people with health problems or who are on medicines that weaken the immune system. Pregnant women also need to be very careful. To keep food safe during the holidays, follow the four steps to food safety — clean, separate, cook, and chill.



CLEAN

- Clean hands help to keep food safe to eat.
- Clean surfaces and utensils after each use.
- Always wash produce under cool running water – even if you plan to remove the skin. Scrub firm fruits and vegetables with a clean produce brush.
- Use utensils, napkins, toothpicks, or paper to pick up food instead of bare hands.



SEPARATE

- Use separate cutting boards and plates for produce and for meat, poultry, seafood, and eggs.
- Use separate plates and utensils for cooked and raw foods.
- Use hot, soapy water or the dishwasher to thoroughly wash plates, utensils, and cutting boards that touch raw meat, poultry, seafood, eggs, or flour.



COOK

- Always use a food thermometer and the Minimum Internal Cooking Temperature Chart to test for doneness.
- Clean your food thermometer with hot, soapy water after each use.
- Once cooked, keep hot foods hot by using warming trays or slow cookers.
- Do not eat raw dough or batter.



CHILL

- Keep cold foods at 40 degrees F or lower by placing serving dishes in or on larger dishes filled with ice.
- Place perishable foods and leftovers in the refrigerator or freezer within two hours.
- In the summer months, chill food within one hour.
- You can freeze almost any food. That does not mean that the food will be good to eat — or safe. If you have not safely handled or stored food ahead of time, freezing will not kill germs.

Food Allergies

- Label food for those who have food allergies, so they know which recipes to avoid. Even better, have the recipe on-hand so the person can see exactly what is in the dish.
- Let people with food allergies go first through the line to prevent cross-contamination from serving utensils. For example, a utensil used to serve scrambled eggs then used to serve hash brown potatoes would introduce an egg allergen into the potatoes.

Minimum Internal Cooking Temperatures

Food	Type	Minimum Internal Temperature (degrees F)
Beef, bison, veal, goat, and lamb	Steaks, roasts, chops	145 Rest time: 3 minutes
	Ground meat and sausage	160
Casseroles	Meat and meatless	165
Chicken, turkey, and other poultry	All: whole bird, breasts, legs, thighs, wings, ground poultry, giblets, sausage, and stuffing inside poultry	165
Duck	Domestic or wild, whole	165
Eggs	Raw eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160
	Casseroles (containing meat and poultry)	165
Ham	Raw ham	145 Rest time: 3 minutes
	Precooked ham (to reheat)	165 Note: Reheat cooked hams packaged in USDA-inspected plants to 140 degrees F
Leftovers	Any type	165
Pork	Steaks, roasts, chops	145 Rest time: 3 minutes
	Ground meat and sausage	160
Rabbit and venison	Wild or farm-raised	160
Seafood	Fish (whole or filet), such as salmon, tuna, tilapia, pollock, bass, cod, catfish, trout, etc.	145 or cook until flesh is no longer translucent and separates easily with a fork
	Shrimp, lobster, crab, and scallops	Cook until flesh is pearly or white, and opaque
	Clams, oysters, mussels	Cook until shells open during cooking

Winter Tip:

Cold and flu season can fall right in the middle of the winter holidays. Do not prepare food if you have vomited or had diarrhea in the last 48 hours.

Ideas and Recipes for Leftovers

Plan how you will use leftovers from the holiday meal before the cooking begins. Leftovers save money. Wasting food is wasting money. Plan your leftovers using our Leftover Planning chart.

If you have leftover ingredients, think about how you will use them. Look for recipes that use what you have on hand. Many websites, such as www.planeatmove.com, can search recipes by ingredient name. Or, if the ingredient freezes well, place it in the freezer and use it later to make the same recipe again.

After the holiday meal, leftover vegetables, pasta, meat, and other foods always make great-tasting meals. You can eat leftovers as you prepared them or make them into something totally different. Try mixing leftovers with other foods to create something new.

Here are a few ideas for new ways to use common leftovers from your holiday meals:

- Leftover meat makes great sandwiches. Or cut leftover cooked meat into small pieces that you can use in tacos, casseroles, soups, salads, and other ways.
- Make leftover burgers, broken up, into chili or pasta sauce.
- Use leftover dressing for stuffed peppers — simply add dressing to green, red, orange, or yellow pepper cups along with a little cheese and bake.
- Use mashed potatoes to make potato cakes or thicken a creamy soup.
- Use gravy to make a turkey or chicken pot pie. You can include leftover vegetables and chicken too!
- Mash leftover deviled eggs to make egg salad, or add them to tuna salad.
- Freeze green beans for a future vegetable soup.
- Freeze leftover fruit salad and make a smoothie.
- Make Cheese and Corn Chowder with leftover corn. Find this recipe on www.planeatmove.com.
- Dinner rolls make easy ham or turkey sliders. If they get stale before using, cube them up, season, and toast to make croutons.
- Freeze leftover punch in cups with a stick inserted to make popsicles.
- For leftover cranberry sauce, spread 1 to 2 tablespoons on bread before making grilled cheese sandwiches.
- Add color to omelets and scrambled eggs with leftover vegetables cut up in small pieces.
- Check out the www.planeatmove.com website for many other leftover recipe ideas.

To keep leftovers safe, make sure you store them the right way. Here are some storage tips:

- Wrap leftovers well. Wrap them in airtight packages or seal them in storage containers. Then put them in the refrigerator or freezer. Label each food with the name and date you made it.
- Plan ahead to have enough containers for leftovers. Be sure you have lids to fit the containers tightly.
- If guests are taking leftovers home, ask them to bring their own containers.
- Have coolers and extra ice if there is not enough refrigerator space.
- Be sure to use the Safe Food Storage Chart and use leftovers within the recommended time.

Leftover Planning

Leftover Ingredient or Recipe	Recipe or Idea	Notes and/or Recipe Location

Safely Store Foods: Cold Storage

In general, store foods at home as the grocery stores them. Check package labeling for proper storage instructions.

Product	Refrigerator (40 degrees F)	Freezer (0 degrees F)
Eggs		
Fresh, in shell	3 to 5 weeks	Do not freeze
Raw yolks, whites	2 to 4 days	1 year
Hard cooked	1 week	Do not freeze well
Liquid Pasteurized Eggs or Egg Substitutes		
Opened	3 days	Do not freeze well
Unopened	10 days	1 year
Mayonnaise (Commercial)		
Refrigerate after opening	2 months	Do no freeze
TV Dinners, Frozen Casseroles		
Keep Frozen until ready to serve		3 to 4 months
Soups and Stews		
Vegetables or meat added	3 to 4 days	2 to 3 months
Hot Dogs		
Opened package	1 week	1 to 2 months
Unopened package	2 weeks	1 to 2 months
Lunch Meats		
Opened package	3 to 5 days	1 to 2 months
Unopened package	2 weeks	1 to 2 months
Bacon and Sausage		
Bacon	7 days	1 month
Sausage raw from pork, beef, or turkey	1 to 2 days	1 to 2 months
Smoked breakfast links	7 days	1 to 2 months
Meat and Poultry		
Cooked meat and meat dishes	3 to 4 days	2 to 3 months
Gravy and meat broth	1 to 2 days	2 to 3 months
Fresh poultry	1 to 2 days	9 to 12 months
Cooked poultry, leftover	3 to 4 days	4 to 6 months

Safely Store Foods: Shelf-Stable Food Storage

Shelf-stable foods are those that you can safely store at room temperature. These are nonperishable foods that do not need refrigeration until after opening.

Product	Storage on Shelf	Storage After Opening
Low-Acid Commercially Canned Foods Vegetables (except tomatoes), canned meat and poultry, soups (except tomato), stews	2 to 5 years	3 to 4 days in the refrigerator
High-Acid Commercially Canned Foods Juices, tomatoes, fruits, pickles, sauerkraut, foods in vinegar-based dressings or sauces (for example, German potato salad)	12 to 18 months	5 to 7 days in the refrigerator
Home-Canned Foods	12 months Before using, boil 10 minutes for high-acid foods; 20 minutes for low-acid foods.	3 to 4 days in the refrigerator
Rice and Dried Pasta	2 years	After cooking, 3 to 4 days in the refrigerator
Tuna and Seafood in Pouches	18 months	3 to 4 days in the refrigerator
Meat and Poultry in Pouches	Follow recommendations on packages	3 to 4 days in the refrigerator
Jerky, Commercially Packaged	12 months	N/A
Jerky, Home-Dried	1 to 2 months	N/A
Canned Ham	2 to 5 years	3 to 4 days in the refrigerator

Notes for Future Celebrations

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