PEAS AND CARROTS

NUTRITION NEWSLETTER

Real food. Real community. Real well-being together.

November 2026

Welcome to November, Peas & Carrots Family!

As we step into a season of gratitude, we're thankful for each of you and the meaningful connections we continue to build. With Thanksgiving approaching, it's a wonderful time to revisit some important food-safety reminders—and to introduce a new health topic to support our community's well-being, Alpha-gal Syndrome.

Food Safety Reminders

Whether you're hosting a holiday meal or enjoying seasonal gatherings, these tips help keep everyone safe and healthy:

Clean hands and surfaces

Wash hands with warm, soapy water before handling food and after touching raw poultry or meat. Keep kitchen surfaces sanitized to prevent bacteria like Salmonella and Campylobacter from spreading.

Meal Prep - Skip rinsing raw turkey

Rinsing can spread bacteria through splashing. Instead, pat the turkey dry with disposable paper towels.

Cook to safe temperatures

Use a food thermometer to ensure turkey reaches **165°F** in its thickest part.

Follow the two-hour rule

Refrigerate perishable dishes within 2 hours (1 hour if above 90°F). Enjoy leftovers within 3–4 days or freeze.

Keep cutting boards separate

Use one cutting board for raw meat and another for produce. Never chop lettuce or ready-to-eat vegetables on a board used for raw meat unless it's thoroughly washed and sanitized. This simple step prevents dangerous cross-contamination.

Learn more at: Don't Forget Your Thanksgiving Food Safety Steps | FoodSafety.gov

Let's savor every bite—safely and with love

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What is Alpha-gal syndrome also known as “Red Meat Allergy”?

Key points

Alpha-gal syndrome (AGS) is a serious, potentially life-threatening allergy to alpha-gal that can develop after a tick bite.



Alpha-gal is a molecule found in most mammals, such as cows and pigs, but not in people.

People with AGS can have an allergic reaction after eating red meat or being exposed to products containing Alpha-gal.

The best way to protect yourself and your family from AGS is to prevent tick bites.

In the United States, detected within the last 20 years, the lone star tick is most often associated with

Alpha-gal Syndrome. A few cases of AGS have also been reported following bites from blacklegged and western blacklegged tick.

Red Meat Allergy is not yet a *reportable* illness by the State, but CDC lists the Lone Star ticks as established in 49 of Indiana’s 92 counties. For more information.

Read more at: About Alpha-gal Syndrome | Alpha-gal Syndrome | CDC



Patients diagnosed with Alpha-gal can still eat at your congregate center or have home delivered meals. Just tell the center Nutrition Coordinator and they will be sure to order a safe Alpha-gal meal and still give you some safe choices.

Alpha-*Gal SAFE Recipe*

Turkey & Brown Rice Vegetable Bake

(Using Leftover cooked Turkey)
Yield: 4 portions
Portion Size: about 1 heaping cup

Ingredients:

1 lb. cooked chopped turkey, approximately 2 to 2.5 cups, (light or dark meat, finely chopped or shredded)
2 cups cooked brown rice "you may prepare this from raw rice, or substitute ready-to-use cooked or an easy - prep variety such as microwaveable or instant"
1⅓ cups chopped broccoli
⅔ cup diced carrots
⅓ cup diced onions
2 eggs
1 cup low-sodium chicken broth
1 teaspoon olive oil
Seasonings: garlic powder, black pepper, parsley (adjust to taste)

Preparation: Sauté vegetables; mix all ingredients; bake at 350°F for about 45 minutes and temperature reaches 165° F.
For this 4-portion turkey and brown rice bake, a good baking dish size is: 8"x8" square dish or a 2 quart (approx. 11x 7-inch)

Nutrition per Serving - 1 heaping cup
Calories 394
Protein 40 gm
Sodium 298 mg



WORD SEARCH



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Brushing
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Community Corner

💉 Small Shot, Big Protection!

Vaccines are one of the easiest ways to protect yourself and those around you. Staying up to date on recommended immunizations can help prevent serious illnesses, reduce the spread of disease, and keep our community healthy year-round.

Talk with your healthcare provider about which vaccines are right for you and your family, including seasonal vaccines and age-specific immunizations.

Healthy Tip: Take a few minutes each year to review your vaccination record and make sure you're up to date!

Helpful Resources

- **CDC Vaccines & Immunizations: https://www.cdc.gov/vaccines**
- **Indiana Department of Health Immunization Program: https://www.in.gov/health/immunization**
- **Find Vaccines Near You: https://www.vaccines.gov**

Protect yourself - Protec Your loved ones - Protect our community

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Join activities or find a vaccine center near you at your local Area on Aging Center: https://www.iaaaa.org/