



NOVEMBER 2025

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NEW! 30 DAY CHALLENGE

Now through December, take part in the interactive 30 Day Challenge: 30 Days to Healthier Holidays. You pick your start date, then visit the page each day to see your next item. The content includes some amazing holiday recipes, health tips from our Registered Dietitians, inspiration from our creative Chefs, and more!



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STARTED
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CHEF'S TIP: HOLIDAY FOOD SAFETY TIPS

When cooking this holiday season (and all year round), keep these food safety tips in mind:

- **Defrosting:** Food should always be defrosted in the refrigerator or in the sink under cold running water. When defrosting a turkey, place in a pan on the bottom shelf of your refrigerator and allow 24 hours for every 5 pounds of turkey. Never defrost food at room temperature!
- **Cleaning:** Always clean your knives, cutting boards and prep areas with soap and warm water between tasks to avoid cross contamination.
- **Temperatures:** Cook poultry to an internal temperature of 165°F. Always check the temperature at the thickest part of your roast. For turkey, this is the area where the thigh meets the breast.
- **Techniques:** To reduce the chance of foodborne illness, do not stuff your turkey. Bake stuffing in a separate pan to an internal temperature of 165°F.
- **Leftovers:** Leftovers should not remain at room temperature for longer than 2 hours and should always be reheated to a minimum temperature of 165°F before consuming.



HEALTHY HOLIDAY TRADITIONS

The holidays are meant to be celebrated! Stay on track with your health goals while enjoying the season with loved ones.

- **Practice Mindfulness:** Don't skip meals leading up to an event. At gatherings, Aim for moderation and portion control, and focus on being present with those around you.
- **Make Smart Swaps:** Opt for water flavored with fruit and herbs or seltzer water over sugary cocktails or sodas, remove skin from meats, and try baking with pureed fruits like pumpkin instead of oil.
- **Build a Balanced Plate:** Start with veggies and proteins, eat slowly, and savor each bite.



FIND YOUR
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RECIPE!



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