

Family Journal

November 2006

Cooking Safety Checklist

- Does a grown-up always pay attention to things that are cooking?
- Does a grown-up watch the stovetop when he or she is frying, grilling, broiling, or boiling food?
- If a grown-up must leave the kitchen for even a short period of time, do they turn off the stove?
- Are things that can burn, dish towels, curtains or paper at least 3 feet away from the stove?
- Is the top of the stove clean? No spilled food, grease, paper or bags?
- Are pot handles turned in towards the back of the stove when a grown-up is cooking?
- Do children and pets stay out of the "kid-free" zone (3 feet from the stove) when a grown-up is cooking?
- Are containers opened slowly after they are removed from the microwave? Hot steam escaping from the container can cause painful burns.
- Is the fire department's emergency number near the phone?
- Does your family have a home fire escape plan? Do you practice it 2 times a year?

Reproduced from NFPA's Fire Prevention Week Web site, (c) NFPA 2006.

Pumpkin Spice Muffins

A Healthy Fall Snack!

Makes 8 to 12 muffins

Ingredients:

- 2 cups of whole wheat or whole wheat pastry flour
- 1/2 cup of sugar
- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1 - 15 ounce can of pumpkin
- 1/2 cup raisins

Preheat oven to 375°F. Mix flour, sugar, baking powder, baking soda, salt, cinnamon, and nutmeg in a large bowl. Add pumpkin, 1/2 cup of water, and raisins. Stir until just mixed. Spoon batter into oil-sprayed muffin cups, filling to just below the tops.

Bake 25 to 30 minutes, until tops of muffins bounce back when pressed lightly. Remove from oven and let stand 5 minutes. Remove muffins from pan and cool on a rack. Store cooled muffins in an airtight container.

FOOD HOTLINE

IF YOU ARE IN NEED OF FOOD ASSISTANCE,
CALL SECOND HARVEST FOOD BANK AT
(610) 434-0875.

Stay Warm this Winter with LIHEAP

LIHEAP is the Low-Income Home Energy Assistance Program. If you or someone you know expect to have trouble paying your utility bills this winter, LIHEAP may be able to help. You can apply for LIHEAP starting November 6th at the Northampton County Assistance Office, 201 Larry Holmes Drive in Easton, or online at www.compass.state.pa.us. For more information call the Northampton CAO at (610) 250-1785. If you need help with the application, call Family Connection at (610) 250-2542 ext. 20018.

In order to qualify, your household income must be below the following guidelines:

Number of People in Household	Max. Family Income	Number of People in Household	Max. Family Income
1	\$14,700	4	\$30,000
2	\$19,800	5	\$35,100
3	\$24,900	6	\$40,200