

Words on Wellness

Keeping Holiday Leftovers Safe



Holiday meals often leave us with plenty of leftovers. Keep them safe with these easy tips:

- Refrigerate leftover food within two hours of cooking. Bacteria grow rapidly in the “danger zone” between 40°F and 140°F.
- Store leftovers in shallow containers to cool quickly and evenly.
- Set your refrigerator to 40°F or below, and your freezer to 0°F.
- Most leftovers are safe in the fridge for 3 to 4 days. Freeze anything you won’t eat within that time.
- When reheating, use a thermometer to ensure food reaches an internal temperature of 165°F—especially for meats, casseroles, and stuffing.
- When in doubt, throw it out. If something smells or has been sitting too long, it’s safer to discard it.

Sources:

[FDA](https://www.fda.gov), [go.iastate.edu/T5GWPO](https://www.fda.gov/go.iastate.edu/T5GWPO)

[USDA](https://www.usda.gov), [go.iastate.edu/HSD5JH](https://www.usda.gov/go.iastate.edu/HSD5JH)

Pumpkin Apple Cake

Serving Size: 1 slice | Serves: 24

Ingredients:

- 1 package (15.25 ounces) white cake mix
- 1 can (15 ounces) pumpkin
- 1 teaspoon cinnamon
- 1/2 cup apple juice
- 3 eggs
- 1 teaspoon vanilla

Directions:

1. Preheat oven to 350°F. Spray a 9 inch by 13 inch baking pan with nonstick cooking spray.
2. Combine cake mix, pumpkin, cinnamon, apple juice, eggs, and vanilla in a large mixing bowl.
3. Beat for 2 minutes or until well combined. Pour batter into pan.
4. Bake according to package directions or until a tester inserted in the center of the cake comes out clean.
5. Let cool for 5-10 minutes.

Tips: Make recipe in a bundt pan or as cupcakes. Bake according to package directions.

Nutrition information per serving:

90 calories, 2g total fat, 1g saturated fat, 0g trans fat, 25mg cholesterol, 130mg sodium, 16g total carbohydrate, 1g fiber, 9g sugar, 2g protein.

This recipe is courtesy of ISU Extension and Outreach’s Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit [Spend Smart. Eat Smart.](https://www.spendsmart.extension.iastate.edu), [spendsmart.extension.iastate.edu](https://www.spendsmart.extension.iastate.edu).



Stay Active with NEAT

NEAT stands for Non-Exercise Activity Thermogenesis. Sitting too much can lead to weight gain and health problems like type 2 diabetes and fatty liver disease. But you don't need a gym to stay active! Thermogenesis is the energy we use for everyday movements like walking, standing, or even fidgeting. These small movements add up and can make a big difference.

How to increase NEAT:

- Stand more—Try standing instead of sitting whenever possible, like doing laundry.
- Walk more—Walk for transportation or take extra steps during your day.
- Take the stairs—Skip the elevator and climb the stairs.
- Do chores—Put extra effort into cleaning or other household tasks.
- Play with kids—Join in on games and play at the park.

NEAT doesn't replace regular exercise. Still, adding more movement to your day can help you feel better and stay healthy.

Sources: [NIH](https://www.nih.gov/), go.iastate.edu/RZQIIE
[Ace Fitness](https://www.acefitness.com/), go.iastate.edu/K7ZXUO



Simple Ways to Declutter Your Mind

Feeling tired, distracted, or overwhelmed? Your mind may be cluttered. When thoughts pile up, it can be hard to focus or feel calm. Try these easy strategies to declutter your mind.

1. Get good sleep. Aim for 8 hours each night. Your mind recovers and resets while you're sleeping. You need to get enough sleep each night so your mind can be ready for tomorrow's tasks.
2. Make a list or journal. Write down tasks or thoughts. This frees up space in your mind.
3. Reduce digital noise. Phones and apps can overload your brain. Try turning off notifications or leaving your phone in another room. Enjoy quiet time by spending a few minutes without music, podcasts, or screens.

These habits can help you feel calmer, think more clearly, and have more energy.

Source: [Forbes](https://www.forbes.com/), go.iastate.edu/ASUOBL

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spendsmart.extension.iastate.edu

Health and Human Sciences

[extension.iastate.edu/
humansciences](https://extension.iastate.edu/humansciences)

If you or someone you know is skipping meals, going hungry, or choosing between food and medicine, call 1-855-944-3663 to apply for assistance today.

Call Iowa 2-1-1 or Iowa Lifelong Links, 1-866-468-7887, for additional resources.

