



Building a healthy community together.



UNION COUNTY
HEALTH DEPARTMENT

November 26, 2025

Welcome to our "almost" all things Thanksgiving newsletter.

Let's talk about things like:

- How long can I hang onto that pumpkin pie?
- Seriously though, how long can I keep all of my Turkey Day leftovers?
- Also, COVID test kits, Food Insecurity Guide, and a little questionnaire for all of our faithful readers.

From all of us here at the Union County Health Department to all of you, we're wishing you a happy and safe Thanksgiving holiday.

*In your service,
Jennifer & Shawnna Sue
Communications at UCHD*



Keep Holiday Pies Safe

What's Thanksgiving and Christmas without a pumpkin or pecan pie? Traditional favorites, these pies need special care to prevent an unhappy ending to a fabulous holiday meal. Pumpkin and pecan pie filling are a form of custard and must be kept refrigerated at 41 degrees F or cooler. This also includes the yummy cream pies like chocolate, coconut or banana.

Foods that contain eggs and milk, with high moisture content, must be kept refrigerated, as bacteria love to grow in these foods. Failing to put that pie back into the refrigerator before it has remained on the counter for more than 2 hours can make a very merry celebration for the bacteria, but not so good for friends and family.

You may be wondering why it is then that you see pumpkin or pecan pies on display at the grocery store at room temperature. The difference in recommendations is due to the formulation of the pie recipes. Pies sold at room temperature have a preservative added that prevents germ growth for five days. This is identified by proper labeling found on the box or container. Even those pies should be refrigerated for storage at home, especially after they have been cut.

When baking a pumpkin pie at home, you should test the pie for doneness by inserting a clean knife in the center. When the knife comes out clean, remove the pie from the oven. After cooking the pie, cool it at room temperature for only 30 minutes after removing it from the oven. Then, refrigerate them to complete cooling and keep them cold. Once cooled, cover them to prevent them from drying out.

Enjoy those traditional holiday feasts, but keep them safe!

*Info in this article was pulled from [Family and Consumer Sciences at OSU](#).



Thanksgiving meal

Thanksgiving Leftovers for Safe Keeping, Weekend Grazing

Thanksgiving Day is for family and friends. But Thanksgiving weekend is all about you and those amazing leftovers! Before you dig in, keep these tips handy so that leftovers can stay safely stored in the fridge or freezer.

Handling food safely = safe and tasty leftovers:

- Leftovers should be stored within two hours of cooking. Divide leftovers into smaller portions and refrigerate or freeze them in covered shallow containers so they cool quickly. A large container or whole turkey will take too long to cool down to a safe temperature, which gives bacteria a chance to multiply.
- The turkey should also be portioned to ensure quick cooling in the refrigerator.
- Seventy-six percent of respondents in a recent USDA study said they would refrigerate leftovers after letting them cool to room temperature first. This is not necessary and could actually make your food unsafe. Leftovers should be placed in the refrigerator or freezer as soon as possible, even if they still have steam or heat coming off of them.

How long do the turkey and trimmings stay safe in the refrigerator or freezer?

The answer is simple: leftovers can be kept in the refrigerator for three to four days. This means you have until the Monday after Thanksgiving to eat all those delicious leftovers or place them in the freezer to enjoy later. If you store leftovers in the freezer, they will be of best quality within 2-6 months.

Not enough consumers know that food can become unsafe in the refrigerator after four days. In fact, 31 percent of participants in our recent research indicated they would eat leftovers kept longer than four days in the refrigerator. After four days, spoilage bacteria can cause food to develop a bad smell or taste.

For those who see themselves forgetting the Monday 'use or freeze' deadline, the USDA has a handy app, which triggers reminders to your smartphone or tablet; it's called the FoodKeeper app.

But FoodKeeper isn't just a source of helpful reminders. The app also includes storage guidelines for more than 600 food and drink items, tips for safe food preparation, and food product recalls, which were recently integrated into the app. With more than 150,000 downloads for Android and iOS devices, FoodKeeper has established itself as the quick go-to guide for safe food storage and food preparation.

Now, on to the dishes – reheat leftovers safely

It is safe to reheat frozen leftovers without thawing, either in a saucepan or microwave (in the case of a soup or stew) or in the oven or microwave (for example, casseroles and one-pot meals). Reheating will take longer than if the food is thawed first, but it is safe to do when time is short. When reheating leftovers, be sure they reach 165°F (74°C), as measured with a food thermometer. Cover leftovers to reheat. This retains moisture and ensures that food will heat all the way through.

Reheating tips:

Reheat sauces, soups and gravies by bringing them to a rolling boil.

When reheating in the microwave, cover and rotate the food for even heating. Arrange food items evenly in a covered microwave-safe glass or ceramic dish and add some liquid if needed. Be sure the covering is microwave safe, and vent the lid or wrap to let the steam escape. The moist heat that is created will help destroy harmful bacteria and will ensure uniform cooking.

Also, because microwaves have cold spots, check the temperature of the food in several places with a food thermometer and allow a resting time before checking the internal temperature of the food with a food thermometer.

If you have additional questions about using your leftovers safely, you can contact the USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854) or email MPHotline@usda.gov from 10 a.m. to 6 p.m. Eastern Time, Monday through Friday.

**Info in this article was pulled from FoodSafety.gov.*

Food Insecurity Guide

As the holidays draw closer, we know some members of our community may be struggling with food insecurity. For more information about where to find food resources and meals in Union County, go to: [Food Resources in Union County](#)



Monthly Markets

for when you need to stock up for the month

Shop from a selection of pantry staples, dairy, fresh produce, meats and cheeses, breads, and desserts. Selections vary month to month and by location.

Magnetic Springs Market
Community Center
30 Magnetic St.
Magnetic Springs
1st Wed, 11am-1pm
Except January

Milford Center Market
Trinity Chapel CCGU
77 W. Center St.
Milford Center
4th Friday, 11am-1pm
January-October



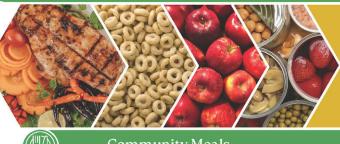
More to Know

- Talk to your school counselor about free/reduced cost breakfast, lunch, weekend & summer meals for your kids.
- Food boxes are available for income eligible adults 65+, Call Community & Seasoned Citizens - 937-644-9801.
- Mobile meals can deliver to homebound people who meet certain qualifications. Call Memorial Health - 937-578-2445 for more information.
- Food assistance is available for income eligible pregnant and lactating mothers & children under age 5. Call Union County WIC Office - 740-203-2050
- Food assistance is available for income eligible adults and children through the SNAP (food stamps) program. Call Union County Job & Family Services - 937-644-1010
- Dial 2-1-1 or go to unioncounty211.org for full listing.



The Union County Food Council formed in 2022. Coordinated by the Union County Health Department.

Food Resources in Union County



Community Meals



Food Pantries



Fresh Produce Pick Up



Monthly Markets



Food fuels our mind and body. But sometimes putting food on the table gets harder and harder. Take a look at how our pantries, markets, meal sites, and produce pick ups could help you stretch the family budget or help when life's gotten a little rocky.



Community Meals

for when you need a hot meal

Drop in for a **free** home cooked meal. In many cases, you can dine in OR take out.

Hope Center

Community Meals

Church of the Nazarene

1126 N. Maple St.

Marysville

937-303-4209

Mon-Fri, 4:30-6pm

Wings Community Breakfast* & Lunch

Wings Support & Recovery

723 S. Walnut St.

Marysville

937-642-9555

Mon-Sat, 8:30-10am, 12-1pm

*continental breakfast

Memorial Health Community Meal Sites:

These sites are for ages 60+ and people with disabilities. \$3.50 donation requested. Reservation required. Call to register.

Bickham Center

390 Allgyer Dr.

Plain City

614-873-8870

Richwood Civic Center

235 Grove St.

Richwood

614-949-4382

Windsor West

576 Rosehill Dr.

Marysville, OH 43040

937-644-8459

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