

# UC MASTER FOOD PRESERVER PROGRAM SAN DIEGO COUNTY



**UC Master Food Preserver**  
University of California  
Agriculture & Natural Resources

MONTHLY NEWSLETTER

NOVEMBER 2025



## BECOME A UC MASTER FOOD PRESERVER

The University of California Master Food Preserver Program extends UC research-based information about home food safety and preservation to the public, and we are training new volunteers in 2026!

Visit our website to learn more. Applications are due by November 23, 2025.

## UPCOMING EVENTS

11/15: Workshop: Apple Pie Filling  
County Operations Center,  
Kearney Mesa

**IF YOU HAVE  
QUESTIONS ABOUT  
PRESERVING FOOD,  
ASK US!**

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# MAKE THE MOST OF THE HOLIDAYS: SAFE FOOD, LESS WASTE

NOVEMBER 2025

BY: LEAH TAYLOR, UC MASTER FOOD PRESERVER



The holiday season is a time for gathering, gratitude, and, of course, delicious meals. With a little planning, you can keep your festive foods safe and make the most of every ingredient. The UC Master Food Preserver Program encourages you to celebrate sustainably—by practicing good food safety and reducing food waste at home.

## Keep It Safe from Kitchen to Table

Holiday meals often involve large portions, longer preparation times, and lots of leftovers—prime conditions for bacteria if food isn't handled properly.

- Thaw safely: Always thaw frozen meat, especially turkey, in the refrigerator, not on the counter. Allow about 24 hours for every 4–5 pounds.
- Cook to the right temperature: Use a food thermometer to ensure turkey reaches 165°F in the thickest part of the breast.
- Two-hour rule: Refrigerate leftovers within two hours of cooking or serving to prevent bacterial growth.
- Cool smartly: Divide large dishes into smaller, shallow containers so they cool faster in the refrigerator.

## Give Leftovers a Second Life

A little planning can help you enjoy the bounty without letting food go to waste.

- Plan portions wisely: Use online calculators to estimate serving sizes so you don't over-prepare.

- Store safely: Most leftovers are good for 3–4 days in the refrigerator or up to 3 months in the freezer. Label and date containers so nothing gets forgotten.
- Reinvent creatively: Turn roasted vegetables into soups, turkey into sandwiches or casseroles, and mashed potatoes into savory pancakes.
- Share the abundance: Send guests home with labeled containers or donate unopened packaged items to your nearest food pantry.

Reducing food waste not only saves money but also helps the environment. Nearly one-third of food produced in the U.S. goes uneaten—so every bit you save makes a difference. With mindful planning and safe storage, you can celebrate the season with gratitude and sustainability.

From the UC Master Food Preserver volunteers: Wishing you a joyful and delicious holiday season! For tested recipes and reliable home food preservation resources, visit our website:

<https://ucanr.edu/site/master-food-preserver-program-san-diego-county>.