

BREAKROOM BUZZ

November 2025



The Perfect Turkey Meal

Don't know how long to cook the bird? Visit our turkey website for tips on preparing and cooking a turkey at extension.illinois.edu/turkey.

Prediabetes: Could It Be You?

November is National Diabetes Month. More than 1 in 3 adults have prediabetes, and 8 in 10 don't know it. The risk is real: prediabetes can lead to Type 2 diabetes, heart disease, and stroke. The great news? Healthy eating and regular activity can lower the risk by nearly half. Take the quick CDC risk test at cdc.gov/prediabetes/risktest.

Anyone with any of the following symptoms should see a doctor and get their blood sugar checked:

- Very thirsty
- Visiting the bathroom frequently, especially at night
- Blurry vision
- Numbness or tingling in hands or feet
- Very dry skin
- Sores that heal slowly
- More infections than normal

A few simple changes can go a long way in lowering health risks and building a stronger future. Monitor key health indicators, stay aware of physical signals, and act early. Good health is worth the effort!

I Didn't Know That!

November is National Family Caregivers Month. The [AARP](https://aarp.org) reports that 1 in 5 Americans is a caregiver. That's approximately 65.7 million informal caregivers in the United States caring for individuals who are sick, disabled, or elderly. Caregiving is demanding and can lead to burnout; caregivers also need care.

Tips to manage burnout:

- **Recognize limits.** Frustration, anger, or loneliness may signal it's time for change.
- **Make a plan.** List out what is too much. Ask family, friends, or services for help.
- **Ask for help.** Don't isolate. Doing it alone is hard.
- **Seek respite care.** Take breaks to rest and recharge.
- **Take care of yourself.** Express emotions, eat well, and stay socially active.

More tips at: extension.illinois.edu/family/caring-caregivers.



MICROWAVE CRANBERRY RELISH

Ingredients:

- 1 cup sugar
- ¼ cup water
- 1 ½-ounce bag of cranberries, washed
- Zest of one orange, wash before zesting
- 1 orange, washed, peeled, and cut into 1-inch chunks
- 4. Some berries will be broken while others remain whole, surrounded by liquid. All the sugar should be dissolved, and the liquid should be slightly thick.
- 5. Transfer to a decorative jar or relish dish and chill.
- 6. Store in an airtight container in the refrigerator for up to two weeks or freeze for up to three months for optimal quality.

Directions:

1. Wash hands with soap and water.
2. In a large bowl, combine cranberries, sugar, water, orange, and zest.
3. Cover with plastic wrap and punch a few holes. Microwave on high for five minutes. Stir well and microwave for an additional 10 minutes.

Nutrition information per serving:

80 calories; 0 g fat (0 g saturated); 0 mg sodium; 21 g carbohydrate; 19 g added sugar; 1 g fiber; 0 g protein.

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