

## How to Calibrate a Slow Cooker



How do you know if a slow cooker is accurate? Test it!

**1** Fill the slow cooker 1/2 to 2/3 full of water.

**2** Turn the slow cooker to low for 8 hours. Place the lid on and do not remove for 8 hours.

**3** After 8 hours, check the temperature with a food thermometer. The water temperature should be between 185°F-200°F. Under 185°F? Consider replacing.

# Breakroom Buzz

## How to Cook with Dry Beans

January 6 is National Bean Day!



- 1 lb. dry beans (Examples: kidney, black, great northern, or black eyed peas)
- 10 cups water

### Directions

1. Wash hands with soap and water.
2. Look over dry beans and discard small stones, dirt, or damaged beans.
3. Use a large pot to soak beans. Add 10 cups of water for each 2 cups (1 lb.) of dry beans.
4. Soak for at least 8 hours in the refrigerator.
5. Drain water and rinse beans.
6. Cover beans with fresh water in pot. Simmer for 1.5 to 2 hours. 1-3/4 cup cooked beans=1 can beans.

Store cooked beans covered in in the refrigerator 3-4 days or freeze up to 6 months for best quality.

Find recipes and more at [go.illinois.edu/eatmovesave](https://go.illinois.edu/eatmovesave)

## I Didn't Know That!

In case of a disaster, Federal Emergency Management Agency (FEMA) recommend that individuals and families be prepared to be on their own for at **least 72 hours**. A key element to successfully responding to and recovering from a major disaster is the overall preparedness of individual citizens, families, and the community. Being prepared by having an emergency kit and a family communications plan can help alleviate some of the stress that results during such a situation. Here is a list of recommended items to include in every basic emergency kit from [Ready.gov](https://www.ready.gov/):

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| <ul style="list-style-type: none"> <li>• Water</li> <li>• Food</li> <li>• Battery powered radio</li> <li>• Flashlight</li> <li>• First Aid Kit</li> </ul> | <ul style="list-style-type: none"> <li>• Extra batteries</li> <li>• Whistle</li> <li>• Dust mask</li> <li>• Plastic sheeting and duct tape</li> <li>• Moist towelettes, garbage bags, and plastic ties (for personal sanitation)</li> </ul> | <ul style="list-style-type: none"> <li>• Wrench or pliers</li> <li>• Manual can opener</li> <li>• Local maps</li> <li>• Cell phone with chargers and a backup battery</li> </ul> |
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Don't forget about the family communication plan. Think about how you can reconnect if you get separated. Do you have a list of medicine that everyone takes and a list of phone numbers? To learn more, visit <https://www.ready.gov/plan>. Source: <https://www.ready.gov/kit>; <https://www.fema.gov/>; Tessa Hobbs-Curley, Family Life Educator