

# Parents learn turkey tips

Turkey can be one of the most nutritious holiday meals and quite tasty as well, a group of Brownfield ISD parents and faculty learned Thursday morning.

County agent Mary Collier, November's guest speaker for the monthly meeting of the BISD Parental Engagement Committee, listed some of the health benefits of everyone's favorite Thanksgiving bird.

"Turkey is a very lean meat," she said. "It's very low in fat and high in protein. It is very low in cholesterol."

Collier suggested eating turkey or chicken instead of beef about three times a week. Not just for the holiday season, turkey can make a variety of great meals year-round.

"It's very versatile - you can use it in a lot of recipes," she said.

The agent recommended brining a turkey for an unforgettable Thanksgiving. In this method, place the thawed bird in a clean five-gallon bucket or cooler, then soak it 12 hours or overnight in a mixture containing two gallons of water, one cup of sugar and one cup of kosher salt. Lemon, apple cider, cranberry juice or herbs can make optional additions.

"That solution moisturizes the turkey and makes it more flavorful," she said.

Directed by BISD community liaison Mercie Martin, the Parental Engagement Committee meets the third Thursday morning of each month to discuss education-related topics. While Collier was the featured speaker for Thursday's meeting, other presenters speak on a variety of issues. Past topics have included healthy eating and how to prepare high school students for college.

"The more involved you are with your children's education, the better they will be," Martin said. "...It involves our children and our community, and we can make it better if we all get involved."

Attendance varies at each of the Parental Engagement Program meetings, but all parents with children in any of BISD's six campuses are welcome to stop by.

For more information, call Martin at 637-2591 or simply attend the next meeting, tentatively scheduled for an upcoming Thursday morning in December.



Brownfield Independent School District community liaison Mercie Martin presents some information to local parents. Martin's Parental Engagement Committee met Thursday morning with a guest presentation by county agent Mary Collier.

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*Bridal Selections*

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