

New Guidelines Issued For Surplus Foods

RALEIGH - The Food Distribution Division of the N.C. Department of Agriculture has issued new guidelines for those counties receiving the USDA surplus foods such as cheese and butter. As a result of administrative changes made by USDA, these guidelines are being sent to county social service agencies.

These guidelines include revised eligibility criteria for food recipients, information on allocation of these foods to the counties, and information on reimbursement of costs incurred by the counties in distribution of the food, as outlined by the new Jobs Bill passed by Congress.

"To be eligible for these commodities," said Agricultural Commissioner Jim Graham "the recipient must already receive food stamps, Aid to Families with Dependent Children (AFDC)

payments or have an income at or below the 130 per cent of poverty level. In order to get these commodities into the hands of our neediest since quantities are limited, we have removed age criteria, such as 60 years of age or older, from the eligibility list. Anyone, no matter what age, can receive these commodities if they meet the income requirements."

Several commodities have been added to the list. "In addition to cheese and butter," stated Jay Davis, director of food distribution, "recipients

can now get flour, corn meal, rice, dry milk and honey through their county food programs, if their counties request quantities of these food items be sent. However, due to changes in regulations by USDA, North Carolina will not be sent unlimited amounts of the foods; the state will be allocated certain quantities of each product, which will then be apportioned to each of the counties according to the number of people they have unemployed, plus those at or below the poverty level."

For the July to September quarter, North Carolina will receive preliminary allocation of 896,654 pounds of butter, 2,195,000 pounds of cheese, 440,000 pounds of flour, 160,000 pounds of corn meal, 160,120 pounds of rice, 380,000 pounds of dry milk and 144,000 pounds of honey. Those counties who choose not to participate in the surplus commodity distribution will have their portions allocated to other counties requesting them.

Allocations of these surplus commodities are being made, instead of distribution of any amount requested, to avoid displacement of sales of these goods at the retail level. This allows for gradual release of these foodstuffs in the marketplace, without affecting retail sales.

Another new addition to the surplus commodity distribution program is the reimbursement to participating counties of costs directly involved in the transportation, storage, distribution, or administration of these commodities. Reimbursement will be made for allowable costs at a rate not to exceed five per cent of the value of the USDA-donated commodities. This reimbursement feature was a part of the Jobs Bill, Public Law 98-8, and monies for this purpose were made available through October, 1983, with the possibility of continuing it for another two years. Counties claiming these reimbursement expenses can be subject to state or federal audit.

For further information on the surplus commodities programs handled by the NCDA Food Distribution Division, call (919) 733-7661.

Home Ext. Canning Tips

By Frances M. Ward
Home Economics Extension Agent

When those garden vegetables are ready for the table, their quality and nutrient levels are especially high. To keep things that way, go directly from garden to

table or cooking pot. Next best is to store vegetables in the refrigerator right away. After all, many vegetables lose their good eating quality quickly if they aren't refrigerated.

For example, peas lose approximately one third of their sugar when left at room temperature only six hours after picking. Sweet corn, spinach and lima beans also lose their good, sweet flavor quickly when not refrigerated.

So far as nutrient losses, vitamin C is lost fairly quickly.

But losses of flavor and nutrients are not that great when vegetables are properly stored. Next critical step is cooking.

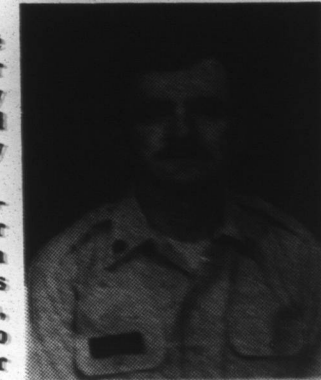
Don't let vegetables sit in water for a long time or cook in excess amounts of water. Cook vegetables in just enough water to prevent scorching. Try to have as little water as possible in the pot when the vegetables are done.

It adds up to this. Refrigerate vegetables after picking and cook them quickly so they retain good color and texture. Then nutrient losses are minimized, and you'll have good tasting produce, too.

Some questions consumers often ask include:

Q. Why is open-kettle canning not recommended?

A. In open-kettle canning, food is cooked in an ordinary kettle, then packed into hot jars and sealed. The food is not processed after packing in



Steve Davenport

Completes NCO Course

FT. BRAGG—Specialist E4 Steven B. Davenport of Edenton, completed the Primary Noncommissioned Officers Course conducted by the Office of the Adjutant General and the 3286th U.S. Army Reserve School at the N.C. National Guard Military Academy, Ft. Bragg.

The course consisted of seven weekends of training in many areas, such as, Training to Lead, Land Navigation, Communication Procedures, Artillery Fire Adjustment, Combat Techniques and Combat Patrolling.

SP4 Davenport is a member of Detachment 1, Company C, 1st Battalion, 119th Infantry of the N.C. Army National Guard in Edenton.

SP4 Davenport and his wife, Carol, have two daughters, Angela, and Janet. They reside at Route 2, Edenton, N.C.

SP4 Davenport is an APC driver of the National Guard.

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Golf Tourney Raises Cancer Funds

The Walter Hagen Golf Tournament was recently held at the Clowan Golf and Country Club. Proceeds went to the local unit of the American Cancer Society.

The scratch divisions first place team was sponsored by the Liberty Music Vending Co. The players on the winning team were Carroll Forehand, Jerry Sary, Larry Hughes and Tommy Bass, Jr. The second place team, sponsored by Dixon Logging Co., had Clark Harris, R. C. Kinlaw, Ernie Knighton, and Tom Bass, Sr., playing as a team.

were Cliff Capeland, Leonard Small, Kael Elmore, and George Jones.

The top team in each division will have an opportunity to play in the regional tournament at Myrtle Beach, S.C.

The American Cancer Society's local crusade committee sincerely appreciates the support of all the tournament's sponsors and the players who really made this event a great success.

Clouds and Sunshine

Though the clouds hang low and dreary,
There's a blue sky high above.
Though the world seems full of hatred,
There's an abundance of God's love.
After the rolling thunder,
There's a time of tranquil calm.
In the shadow of God's presence
We are safe from every harm.

After the rainfall comes sunshine,
To revive and abundantly bless.
After the pain and the heartaches
Comes the soothing and healing caress.
After the gloom of the darkness
Dawns the day, all freshly new;
Thank you, dear God, for eternal hope
To sustain in whatever we do.

Mary D. Nixon

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The JIM HUNT Record Paid Pol. Adv.

Why Are Our N. C. Schools In Trouble?

51.2%	45.6%	40.4%
71-72	75-76	82-83
Jim Hunt Elected Lt. Gov. (1972)	Jim Hunt Elected Gov. (1976)	Jim Hunt Re-elected Gov. (1980)
		Jim Hunt Running for U.S. Sen. (1983)

Is This Why The N. C. Teachers Association Said:
"The Governor's program does more for Hunt's political image than for education?"

The Charlotte Observer Reported:
"In Hunt's view, education and politics have always been intertwined."

A Hunt Aide Boasted:
"He plays those teachers like an accordion."

N. C. School Boards Association Stated:
Hunt's NEA Union Dues Bill (S.B. 515) is "extremely dangerous," "would damage public education" and "do considerable harm."

Average Teacher Salary Declined From 28th to 38th in Nation In Last 5 Years of Jim Hunt's Administration!

1. Charlotte Times, 5-9-83
2. Raleigh Times, 4-30-83
3. Charlotte Observer, 5-9-83
4. News and Observer, 8-16-77

5. N.C. School Boards Assn., 5-11-83
6. Ad. N.C. Assn. of Educators, News and Observer, 4-15-83

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