

Some tips on serving and transporting summer food

By JOANNE J. FALLS
Home Economics Extension Agent

Summer is picnic time. Unfortunately, it's also prime time for spoilage, since foods taken along on a picnic or camping trip are often subjected to very warm temperatures. Here are a few tips from the Agricultural Extension Service and the American Dairy Association for keeping foods fresh and safe.

Bacteria cause food poisoning. All they need to grow is the right combination of time and temperature.

Bacteria grow best in lukewarm foods; therefore, it is extremely necessary to keep hot foods at a temperature above 140 degrees.

Small candle warming units may not keep hot foods hot enough.

Keep protein foods such as seafood, poultry and cooked meats hot. Never let these foods stand at room or outdoor temperature for more than two hours.

Keep hot foods hot with an electric hot tray or chafing dish. Be sure, however, to observe appropriate safety precautions when using such units.

Cream pies, puddings, seafood salads and many other dishes made with eggs, fish, meat and poultry need to be kept cold. This keeps dangerous bacteria from growing. Do not let these foods stand at room temperature for more than two hours. Keep such foods below 40 degrees Fahrenheit.

The American Dairy Association warns: Be aware of which foods cause problems. These are foods that have already been cooked, uncooked meats, fish and poultry, and anything containing eggs and/or dairy products.

When transporting foods, pack perishable foods last. Take them straight from the refrigerator or freezer to an insulated ice chest or cooler.

You can pack foods in crushed ice or use "canned ice." This is a non-water liquid in plastic packages.

Freeze the "canned ice" until solid and place it in the ice chest. It will stay cold for several days. Canned ice gives off no moisture as it melts and can be refrozen and reused many times.

If you don't want to spend the money for "canned ice," try making your own ice blocks. This works especially well for long camping trips. Fill clean half-gallon milk cartons with water (leave a little space at the top for the water to expand as it freezes). Freeze and use to keep foods cold. When the ice melts, you have cold drinking water.

To keep milk extra-cold on a short trip, freeze the milk as ice cubes, then add the milk cubes to a wide-mouth thermos filled with fluid milk. These milk cubes will not dilute the milk as will cubes made from water.

Butter will stay fresher during a long trip if it is first frozen in its

original wrapper, then stored in an ice chest surrounded by other frozen foods. To use, remove just the amount you need 15 minutes before you plan to use it.

Check the ice level in your

chest daily when on a camping trip, and drain water every night to prevent damage to the contents.

The only accurate way to tell if the interior of your ice chest is

staying below 40 degrees is to pack a thermometer with the food. You can also make sure foods are safe by always keeping perishables packed in ice, opening the chest as little as possible

and removing everything you will need for a meal at one time.

Food transporters might like to know that researchers have developed butter that is spreadable right from the

refrigerator. And good news for consumers about nutrition -- this all-dairy product has 30 to 40 percent less fat, cholesterol and calories than regular butter or margarine.



Falls

EXTRA LOW PRICES

Prices in this ad good thru Sunday, July 5, 1987.



Swift 4 Lbs.

HOSTESS HAMS

\$7.98
Sliced
FREE!!!

We Reserve The Right To Limit Quantities.

Holly Farms - Grade A
Reg. Or Family Pack
Chicken Breasts
\$1.19
Lb.

MIXED FRYER PARTS

39¢ Lb.
Holly Farms
Grade A

WATERMELONS

\$2.99 Each
Red Ripe

Regular & Beef
Carolina
Pride
JUMBO FRANKS
99¢ Lb.

USDA Choice
Beef
RIBEYE STEAK
\$4.98 Lb.

Large Western
CANTALOUPE
99¢ Each

Red Or White
SEEDLESS GRAPES
99¢ Lb.

Sweet
YELLOW CORN
5 Ears / 99¢

2 Liter
Pepsi Cola

\$1.19

Diet Pepsi, Diet Pepsi-Free \$1.25

Old Milwaukee

\$4.29

Pkg. of 12 - 12 Oz. Cans - Reg. & Lt.

Budweiser Beer

\$10.89

Pkg. of 24 - 12 Oz. Cans

South Carolina
PEACHES

39¢ Lb.



Lay's Potato Chips

99¢ Assorted
6.5 Oz.

Bush Baked Beans

89¢ 28 Oz.



All Flavors Frozen
Bacardi Mixers

69¢ 6 Oz.

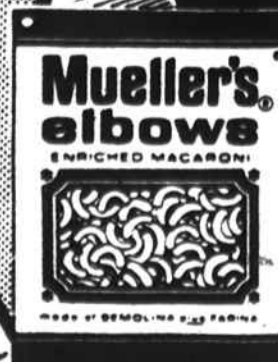
20 Ct. - 16 Oz.
Solo Party Cups

89¢



Mueller's Elbow Macaroni

3/\$1 8 Oz.



Thick & Rich Mesquite/
Cajun/Regular/Smoke/Onion
Heinz BBQ Sauce

79¢ 18 Oz.

Heinz 57 Steak Sauce... 5 Oz. .99

Chilly-Willie 12 Ct.
2/\$1.09 Freezer Pops

Food Lion wishes you
and your family a
very safe and happy
July 4th holiday.

CHURCH NEWS DEADLINES ...

The Chronicle welcomes church news and calendar items. The deadline for announcements is Monday at 5:30 p.m.

FOOD OF THE MONTH CLUB

| JULY | | | | |
|------|-----|-----|-----|-------|
| Sun | Mon | Tue | Wed | Thurs |
| 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 |
| 31 | | | | |

VIENNA SAUSAGES
CRISIS CONTROL MINISTRY