

Tips On Storing Dairy Products

Expanded Foods & Nutrition Education Program



By Deborah Crandall

more cups. Nursing mothers need four or more cups a day. Here are some easy ways of storing dairy products: - Fresh dairy products are highly perishable. Keep them clean, cold, and tightly covered. - Refrigerate fresh milk, cream, and milk products as soon as possible after purchase. If milk stands in the sunlight, riboflavin is lost and the flavor changes. - Keep unopened cans of

evaporated milk at room temperature or in a cool place. Once opened, refrigerate. - Store cheese covered in the refrigerator. The Expanded Food and Nutrition Education Program (EFNEP) is an integral part of the Mecklenburg County Agricultural Extension Service. The purpose of EFNEP is to help limited resources families with improvement of their nu-

tritional status. If you are interested in the EFNEP Program, call (336-4034) or write us at 700 North Tryon Street, Charlotte, NC 28202. If you would like free Nutrition and Food demonstrations, please call us at 336-4034. Deborah M. Crandall, Area Agent, EFNEP Meck. Co. Agricultural Extension Service, 700 North Tryon Street, Charlotte, NC 28202. Telephone: 336-4034

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The importance of milk in your diet is needed no matter what age. The bottom line is everyone needs milk. Children under 9 years of age need two to three cups a day. Some children do not have the capacity to drink this much. Some of it can be used in cooked foods. Teenagers need four or more cups a day. Adults of all ages need at least two cups a day. Older adults need milk to supply calcium for bone strength and protein for tissue repair. Milk is easily digested by most people. Pregnant women need three or

USDA Choice Beef
BONELESS SIRLOIN STEAK
\$298 Lb.

USDA Choice Beef T-Bone Or
PORTERHOUSE STEAK
\$398 Lb.

Prices in this ad are good thru Sunday, June 18, 1989.

Community Bulletin Board

- The Charlotte Business and Professional Women's Club will meet on Tuesday, June 20th, at the Ramada Inn on Independence, Blvd. at 6:15 p.m. Dr. Mary Joseph will be the speaker. For dinner reservations call Sarah Fowler at 537-5783. Cost \$13.
- The Wandawood Acres Community Organization will have its first Community Day Celebration on June 24th at Westerly Hills Elementary School, 4420 Denver Avenue. Time-10 a.m.-4 p.m.
- The Simmons YMCA is offering an adult summer volleyball league beginning June 16. The co-ed league will be held on Friday evenings and the men's league on Sunday evenings. Register by June 15th. Call 536-1714.
- The Uptown Optimist Club is forming a Junior Optimist Club. All interested youth and parents are asked to attend a meeting at the Earle Village Recreation Center in First Ward on Saturday, June 24th at 1 p.m. For additional information call Darryl Williams at 375-5564.
- The Charlotte Women's Aglow Fellowship Daytime Chapter will meet on Tuesday, July 11, 9:30 a.m., at the Idlewild Country Club.
- Reachline will offer a new series of classes for anyone interested in volunteering for work on their crisis hotlines on Monday, June 19th 6-9 p.m. Location-First United Methodist Church, 501 N. Tryon Street.

USDA Choice Beef
BONELESS FULL CUT ROUND STEAK
\$198 Lb.

Jumbo Size
CANTALOUPE
99¢ Each

100 Percent Pure
GROUND BEEF PATTIES
\$138 Lb.

Wise Regular Chips
99¢
 6.5 Oz.

Red Ripe Watermelons
21¢ Lb.
 Cut Halves & Quarters

South Carolina
PEACHES
3 Lbs. / 99¢
 Packaged

2 LITER
CLASSIC COKE
 .99

Deli Bonus Buy!
 Extra Lean BOILED HAM
\$199 Lb.
 Good at deli/bakeries only.

Head California Iceberg
LETTUCE
69¢

Obituaries

Continued From Page 3B.

Survivors are her sons, Mr. Robert W. Herbert of Hendersonville, NC and Mr. Phillip Sidney Herbert of Washington, NC.

Mrs. Daisy White, of 2911 Farmer St. Apt. F died June 11, 1989, in Charlotte Memorial Hospital. Funeral service was held at Progressive Baptist Church. Burial was in Beasley's Memorial Garden in Mt. Holly, NC.

Survivors are her niece's and nephews.

LONG & SON MORTUARY

Mr. James Willie Gladden, of 4801 Randolph Rd died June 11, 1989, in Mercy Hospital. Funeral service will be 2 p.m. June 18 at Long and Son Mortuary Chapel. Burial will be in York Memorial Cemetery.

EXTRA LOW PRICES...EVERYDAY!!!

<p>Salmon Or SHARK STEAK \$398 Lb.</p>	<p>46 Oz. - Juicy Red HAWAIIAN PUNCH 79¢</p>	<p>12 Oz. Topping COOL WHIP \$129</p>	<p>Food Lion LEMONADE 59¢ 1/2 Gallon</p>
<p>Halibut/Swordfish STEAK \$498 Lb.</p>	<p>Gallon - Spring/Distilled FOOD LION WATER 2/\$1</p>	<p>7 Oz. - Pepperoni/ 7.2 Oz. - Combination/Sausage MR. P'S PIZZA 69¢</p>	<p>8 Oz. - Assorted BREYERS YOGURT 2/99¢</p>
<p>250 Ct. - Facial Tissue KLEENEX 99¢</p>	<p>64 Oz. - 45* Off Fabric Softener SNUGGLE \$189</p>	<p>14 Oz. - Liver/Chicken/Chopped Beef ALPO DOG FOOD 3/\$1</p>	<div style="text-align: right;"> <p>FOOD LION</p> </div>

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Route 2, Highway 51 - PINEVILLE; 7400 Plaza Road Ext. Park Plaza Shopping Center, University Place; 9229 Lawyers Road - MINT HILL; 4736 Kimmerly Glen Lane Kimmerly Glen Shopping Center; 3609 Matthews Mint Hill Road - MINT HILL; 317 South Polk Street (US 521) - PINEVILLE

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God said, "Lift up your heads, O ye gates; and be ye lift up, ye everlasting doors; and the King of glory shall come in."

Psalms 24:7
 Who is this King of glory? The Lord strong and mighty, the Lord mighty in battle.

Psalms 24:8
PRAY FOR AMERICA!