

Kids' Lunches that Make the Grade

For children across the country, "back to school" season means shopping for new clothes and stocking-up on school supplies. For parents, "back to school" season renews the challenge of packing kids' lunches every day.

With some school lunch programs not always providing the best nutrition for kids, low-fat, nutritious lunches made at home can help parents monitor what their kids are eating. To help ensure that your children are eating right, send them to school with an enticing homemade lunch packed with plenty of love and good nutrition.

The makers of Ziploc® brand sandwich bags with the Gripper® zipper offer these helpful suggestions for encouraging children to eat a healthy, nutritious lunch:

- Teach your children about the importance of good nutrition and healthy foods. Explain what vitamins and minerals can be found in certain foods and why eating a variety of foods is important.

- Understand which foods your child likes or dislikes. To find out what children like to eat, let them help you plan lunchtime meals. Inviting children to participate in meal preparation will help to ensure they eat what they carry to school.

- To keep children interested in their lunches, include a variety of textures, distinct flavors, shapes and bright colors. The way a lunch looks to a child can be just as important as the way it tastes.

- Don't go overboard with nutrition. Recognize that less nutritious foods can still be enjoyed in moderation.

Children will find it hard to resist a "Crunchy Confetti Sub" sandwich (recipe follows) made with their favorites — apples, raisins and peanuts. Each mini-sub sandwich is packed with healthy fiber and provides a full serving of protein. Pack "Crunchy Confetti Sub" along with



colorful carrot and celery sticks, graham crackers and milk for a well-balanced and delicious school lunch.

Remember: To keep your child's lunch fresh and flavorful, pack sandwiches and other foods in Ziploc sandwich bags. Ziploc sandwich bags with the Gripper zipper are the easiest closing bags you can buy — they're especially easy for little hands to handle. You can actually feel the zipper grabbing hold for a tight, secure seal.

For more tips to use in the kitchen and around the home to help make kids' lunch preparation and other family tasks less time-consuming and more rewarding, send for a free copy of **Get A Grip On It All**. Send your name and address to: **Get A Grip On It All**, Department #3600-M1, P.O. Box 78980, New Augusta, IN 46278.

Crunchy Confetti Subs

1/2 cup thinly sliced red or green cabbage

- 1/4 cup chopped, cored apple
- 2 tablespoons raisins
- 2 tablespoons chopped peanuts
- 2 tablespoons mayonnaise or salad dressing
- 1/4 teaspoon sugar
- 1/4 teaspoon Dijon-style mustard
- 2 small whole grain buns
- 2 ounces thinly sliced turkey
- 2 ounces thinly sliced lean ham
- 2 ounces thinly sliced Swiss or Monterey Jack cheese

Combine cabbage, apples, raisins and peanuts in small bowl; stir in mayonnaise, sugar and mustard.

Slice buns, but do not cut all the way through. Arrange turkey, ham and cheese in buns; spoon cabbage mixture over cheese. Place sandwiches in Ziploc sandwich bags. Makes 2 sandwiches.

NOTE: Try making extra "slaw" (cabbage, apples, raisins, peanuts, mayonnaise, sugar and mustard) to keep on hand for another meal. Store in a Ziploc storage bag.

DEAR BETTY CROCKER

Q. Is there a chocolate extract to use for flavoring cakes, brownies and cookies? People in my family are allergic to chocolate or they stay away from chocolate because of saturated fat.

C.P. Hillsboro, N.H.

A. There is chocolate extract available in cake decorating specialty stores and some supermarkets. It has chocolate flavor, but doesn't add the brown color typical of chocolate. The best use of the extract is in cookies and frostings. In a cake, a teaspoon of extract wouldn't give a rich chocolate flavor. Using more than a teaspoon would upset the balance of most recipes.

Q. Why do my caramel-nut rolls crack on the side while they bake?

Ms. A.A.Y. Falls, Pa.

A. Your problem may be due to

either too much flour or how you shape the dough. Stiff dough, containing too much flour, tends to split and crack. Or, you may have rolled dough too tightly and stretched it too much while you were shaping the rolls.

Q. We enjoy eating saffron bread, but I'm not sure how best to get the most flavor from saffron. What can you tell me?

Ms. W.L.C. Burlington, Wis.

A. Saffron is one of the world's most expensive spices and it adds enormous flavor to many Spanish dishes and breads, rice and seafood. Saffron is available both in dried strands and powdered form. Dried strands have the most flavor,

especially when crushed as they are added into your recipes. The powdered or ground form is less expensive, but loses its flavor quickly. Store saffron in a cool, dark place for up to six months.

Do you have a cooking question? Write "Dear Betty Crocker," Box 1113, Dept. Betty, Minneapolis, Minn. 55440.

Tip of the week: Lentils are tiny, brown legumes that supply fiber, B vitamins and minerals plus complete protein when you prepare them with a grain (rice, whole grain bread or pasta) or added to meat or cheese. Lentils are delicious in soup, stew or such casseroles as Lentil Pilaf which is featured in the Recipe of the Month.

Watch TV With Your Children!

USDA Choice Beef T-BONE OR PORTERHOUSE STEAKS

\$3.98 Lb.

USDA Choice Beef BONELESS SIRLOIN STEAK
\$2.98 Lb.



Boneless Center Cut PORK CHOPS.....Lb. 3.58



FILET & RIB END ROAST.... Lb. 2.98



Sliced Free! 5 - 7 Lb. Avg. Extra Lean - Whole Or Half

BONELESS PORK LOINS

\$2.98 Lb.



Grade A Jumbo Pack CHICKEN DRUMSTICKS & THIGHS

69¢ Lb.

Lb. Red Ripe Packaged TOMATOES

Lb. Fresh GREEN BEANS
2 Lb. Bag Crisp Crunchy CARROTS
Large Stalk Fresh Green CELERY

69¢

Russet BAKING POTATOES
\$2.69 15 Lb. Bag

Eastern RED DELICIOUS OR ROME APPLES

\$1.99 5 Lb. Bag

Jumbo Western CANTALOUPE
99¢ Each

Good At Raleigh Area Food Lion Stores Only!

2 Liter Related Items & **PEPSI COLA**
\$1.09

DELI BONUS BUY!
Extra Lean BOILED HAM
\$2.99 Lb.

Good at deli/bakery locations only.

SEPT./OCT.

W	TH	F	SA	S	M	TU
25	26	27	28	29	30	1

Prices in this ad good Wed. Sept. 25 thru Tues. Oct. 1, 1991.

There is a Food Lion location near you! DELI BAKERY AT



There is More to the Price of Beans Than Meets the Eye

The recent summer drought and its effect on this year's crop has many consumers concerned about whether or not food prices will escalate in the coming months.

Certainly, the amount of harvest farmers are able to salvage can influence the prices we pay at the check-out lines of local supermarkets. But as long as the businesspeople involved in the food industry have been successful in hedging their investments, the drought and other acts of nature will not have as much of an impact as you might think.

The fact is that the prices we pay for goods and services are determined to a large degree on how well businesses manage risk. For the most part, that risk management takes place not on the grocers' shelves, but rather at marketplaces in Chicago and around the world known as futures exchanges.

Each morning as the opening bell sounds, trading pits like those at the Chicago Board of Trade (CBOT), the world's oldest and largest futures exchange, erupt into a flurry of activity. Numerous telephones begin to ring, and hundreds of men and women dressed in brightly colored blazers scurry across the floor shouting to each other while communicating simultaneously through a unique system of hand signals.

To an outsider, this process, which continues throughout the day, is often confusing at best. But amazingly enough, it is this very activity, known as the open outcry auction market, which allows businesses and individual investors to transfer some of the risks associated with conducting business.

According to Thomas R. Donovan, president of the CBOT, "What's actually happening on the trading floor is that traders are buying and selling futures contracts. The contracts are legally binding agreements to buy or sell a standardized quantity and quality of a commodity during a certain month in the future, under terms and conditions established by a designated futures market, at a specific price agreed upon in the trading pit at the time of the trade."

Much like an insurance policy protects policyholders from potential losses caused by unexpected events, futures contracts provide businesses and individual investors with a mechanism by which to protect their investments from potential losses caused by price fluctuations.

For example, a prolonged drought that reduces a farmer's crop will result in a smaller supply of grains. Because of the reduced supply, grain companies will have to pay a higher

price for corn, wheat, soybean and oats. This additional cost could then be passed on to consumers in the form of higher prices for cereal, breads, meats, and other foods. However, if the grain companies have properly "insured" themselves in the futures market against the risk of rising prices, they will be able to protect their profits without dramatically

raising consumer prices.

By buying and selling futures contracts, participants in the food industry — merchandisers, producers, grain elevator operators, exporters and even the farmers themselves — can minimize their risks in processing or producing actual commodities, which, in turn, can lower their cost of doing business.

HEALTH for the whole family

High Blood Pressure Can be Controlled By Lifestyle Adjustments

Although few people die from high blood pressure, or hypertension as it's commonly called, it may lead to such diseases as heart attack or stroke.

For the 62 million people who are hypertensive then, the questions are: what is high blood pressure and can it be controlled?

"High blood pressure in adults is defined as a systolic reading (higher number) being equal to or greater than 140 and a diastolic reading (lower number) being equal to or greater than 90," said Robert Danoff, D.O., M.S. a member of the clinical faculty in the Department of Family Practice at Delaware Valley Medical Center.

The systolic reading refers to the pressure of the blood flow when the heart beats, while the diastolic reading records the pressure between heart beats, said Dr. Danoff, an osteopathic physician specializing in family practice.

He explained that high blood pressure readings generally mean the heart is working harder than normal. Left untreated, high blood pressure forces the heart to work progressively harder to pump blood and oxygen until veins and arteries become scarred and hardened and the heart becomes dangerously enlarged.

"The people most at risk for high blood pressure and diseases that accompany it usually have a family history of hypertension or are African-American," Dr. Danoff said.

He added that African-Americans have an almost one-third greater chance of having high blood pressure compared to whites.

Although doctors don't know what causes high blood pressure, controlling weight, reducing sodium intake, reducing alcohol consumption, eliminating smoking, exercising



Robert Danoff, D.O.

regularly, and lowering stress and cholesterol levels can help lower blood pressure that has climbed above 140/90. In many cases, medication is available to control hypertension.

Studies have proven that losing weight reduces the amount of work the heart must do, Dr. Danoff said. When the heart doesn't have to work as hard, blood pressure comes down. Often, regular exercise accompanies a weight-loss program, both of which can have beneficial effects on blood pressure, too.

"I recommend that my patients stay within 10 percent of their ideal body weight," Dr. Danoff said.

Modifying diet, including reducing the intake of sodium, alcohol and fat have also been proven effective in lowering blood pressure levels.

Dr. Danoff recommends that his hypertensive patients limit salt intake to 2 grams a day, reduce alcohol consumption to less than 1 ounce per day and eat a diet that derives less than 30 percent of its calories from fat.

High blood pressure is known as the "silent killer" because it's possible to be hypertensive and not know it. However, regular check ups that include blood pressure testing, along with lifestyle modifications such as exercise and proper nutrition can not only lower blood pressure, but can help prevent heart attacks and strokes.