

Food management

(Continued from Page 58)

for those women laminated paper, Thomas made it clear safe for use in the should be printed on home economist and those individuals

choosing to use aluminum foil.

"For freezing, you should buy the heavy duty aluminum foil, and you should get the extra wide rolls. This is more economical," she said. According to the home economist, regular-strength

aluminum foil is just not heavy duty enough to keep the food from becoming freezer burned.

In answer to a question raised by a member of the audience, Mrs. Thomas did say she approves of the use of freezer film, although she is concerned that it can be punctured.

Summarizing her discourse on freezing materials, Mrs. Thomas said

that no product on the market is totally air tight, and that air will dry out foods in any type of container if the food is left in the freezer for too long.

"The worst culprit for drying out foods is the frost-free freezer," she told the group.

To keep this type of freezer frost free, a greater than normal amount of air is circulated throughout. And, while this air circulation keeps the frost from accumulating on the freezer, it also dries out food much more quickly than the circulation in the freezer that is not frost free. Therefore, foods stored in this type of freezer must be very, very well wrapped.

Labeling Once the packages are wrapped, labeling is another key factor in food storage. For this part of the freezing process, masking tape and a marking pencil are needed.

A description of the food wrapped, and the date frozen should be written on the outside of each package. A note on how the food was prepared should also be placed on the outside.

The next important step is to keep an inventory of the contents in the freezer.

"A freezer inventory is like a checking account, you must keep records of what is going in as well as what is coming out so you don't get caught in a predicament," Mrs. Thomas said.

On that written inventory, the homemaker can record all the items in the freezer, including the size of the package and the date frozen. The packages should then be checked off as they are used.

This inventory should be kept right near the freezer

for ease in checking off the items. If this system is kept properly, each homemaker will have an accurate inventory of what is in her freezer at all times and the packages won't be stored too long. The oldest packages should always be used first.

"It takes extra time," admitted Mrs. Thomas, "But, honestly, it's worthwhile."

Yearly turnover Once the packages are stored, there is another trick to getting the most from the family freezer dollar - turning over the inventory two and a half times per year.

"This is difficult," Mrs. Thomas conceded, "but it is the most economical."

Many housewives, she pointed out, use their freezers only for storing Summer produce. When the supply is depleted, they wait for the next growing season to come around again.

Instead of letting this happen, Mrs. Thomas suggested filling the freezer with beef in November or December, or preparing ahead for the holidays and freezing. A third suggestion was to keep an eye on the specials at the frozen food counter in the grocery store and to stock up when a good bargain is available.

She also noted that as the supply of food in the freezer gets low, and just before the

contents are built up again, every freezer owner should defrost the appliance.

For best results, a freezer without an automatic defroster needs complete defrosting at least once a year. Partial defrosting may be needed several times a year, since most reduces freezer space and raises storage temperature.

Dairy princess chosen tonight

GETTYSBURG, Pa. - Adams County will hold its Tenth Annual Dairy Princess Contest today (June 25, 1977) at the Biglerville High School, North Main Street, Biglerville, at 8 p.m.

The reigning Adams County Dairy Princess Maryann Klinger, daughter of Mr. and Mrs. Charles F. Klinger, New Oxford Rd, will crown her successor.

Four Adams County dairy farmers' daughters have entered the contest. They are Lita J. McGough, daughter of Mr. and Mrs. Oscar E. R8; Kathryn Murren, daughter of Mr. and Mrs. Thomas R. Murren, Hanover R4; Nancy Reinhart, daughter of Mr. and Mrs. Kenneth Reinhart, Jr., Gettysburg R6; and Debbie Sprague, daughter of Mr. and Mrs. Roger Sprague, Gettysburg R3.

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