

## Summer foods take special care

DOVER, Del. - Summer is a favorite time for picnics, barbecues, camping, pool parties and other outdoor activities. Such activities often include a variety of exciting foods. Unfortunately, the same sunny, warm weather which

beckons us outdoors requires special food safety precautions on our part, cautions Delaware Extension home economists. Food is constantly in contact with many types of bacteria, mold, and yeast. Some of these organisms are

helpful, making fermented drinks, various types of cheeses, and aiding the body's digestive system to assimilate food. However, other bacteria, molds and yeasts can be harmful, causing foodborne illness and spoilage.

For illness or spoilage to occur, the contaminating organism must be present and it must have proper conditions for its growth or the production of toxins. Food safety is the control of these organisms in contact with our foods and the limitation of their growing conditions.

cause diarrhea, vomiting, stomach cramps and other unpleasant symptoms which may last for several hours or even days. With young children and elderly people, the results can be more severe. Often, people mistake such illness for a simple "bug" or virus. The real cause may be food that was not properly handled, prepared or served. This hazard can be prevented.

It is important to plan outdoor menu with food safety in mind. Items should be selected which do not require refrigeration or

heating or which are less susceptible to bacterial growth. Safe choices for a summer outing might include peanut butter and jelly sandwiches rather than meat sandwiches, cole slaw with an oil and vinegar dressing rather than mayonnaise, fresh or dried fruits and vegetables, non-fat dry milk or dry non-dairy creamer, dehydrated foods and canned foods.

Anything that comes in contact with food should be clean. This includes the hands of the person touching the food, cooking and serving utensils, and work surfaces. This may be particularly difficult when preparing food outdoors and one must be sure to include the hand soap and detergent with supplies.

Bacteria grows rapidly within the temperature range of 40 - 140 degrees F. Therefore, cold foods should be kept below 40 degrees and hot foods should be held above 140 degrees. As food warms up or cools down, it begins to reach the 40 - 140 degree range. It should never remain within this danger zone longer than 2 to 3 hours. Take special care to keep products containing milk and/or eggs (ice cream, milk, cheese, mayonnaise, deviled eggs, etc.) at proper temperatures at these

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products are very good mediums for the growth of bacteria.

Whether from the store to home or, from home to the picnic it is important to remember that perishable foods do not sit in a hot car for long periods of time. If traveling to a picnic or barbecue site, one should use a cooler with ice to maintain your cold items. A cooler can be improvised by using a metal pot or basin large enough to hold the food plus ice. This should be covered with a lid or plastic and newspaper to insulate the items. For camping trips, food not used the first day

should be frozen and this will help keep the cooler below the critical 40 degree mark. Also the ice should be periodically checked and replaced as it melts.

If food is being served outdoors from the kitchen, it is important to be sure the refrigerator has been turned up to keep the larger quantity of food properly chilled. One should not serve all the food at once. For example, some of the potato salad could be transferred to a smaller serving dish and refilled when necessary. This insures that food won't be without refrigeration for long periods of time.

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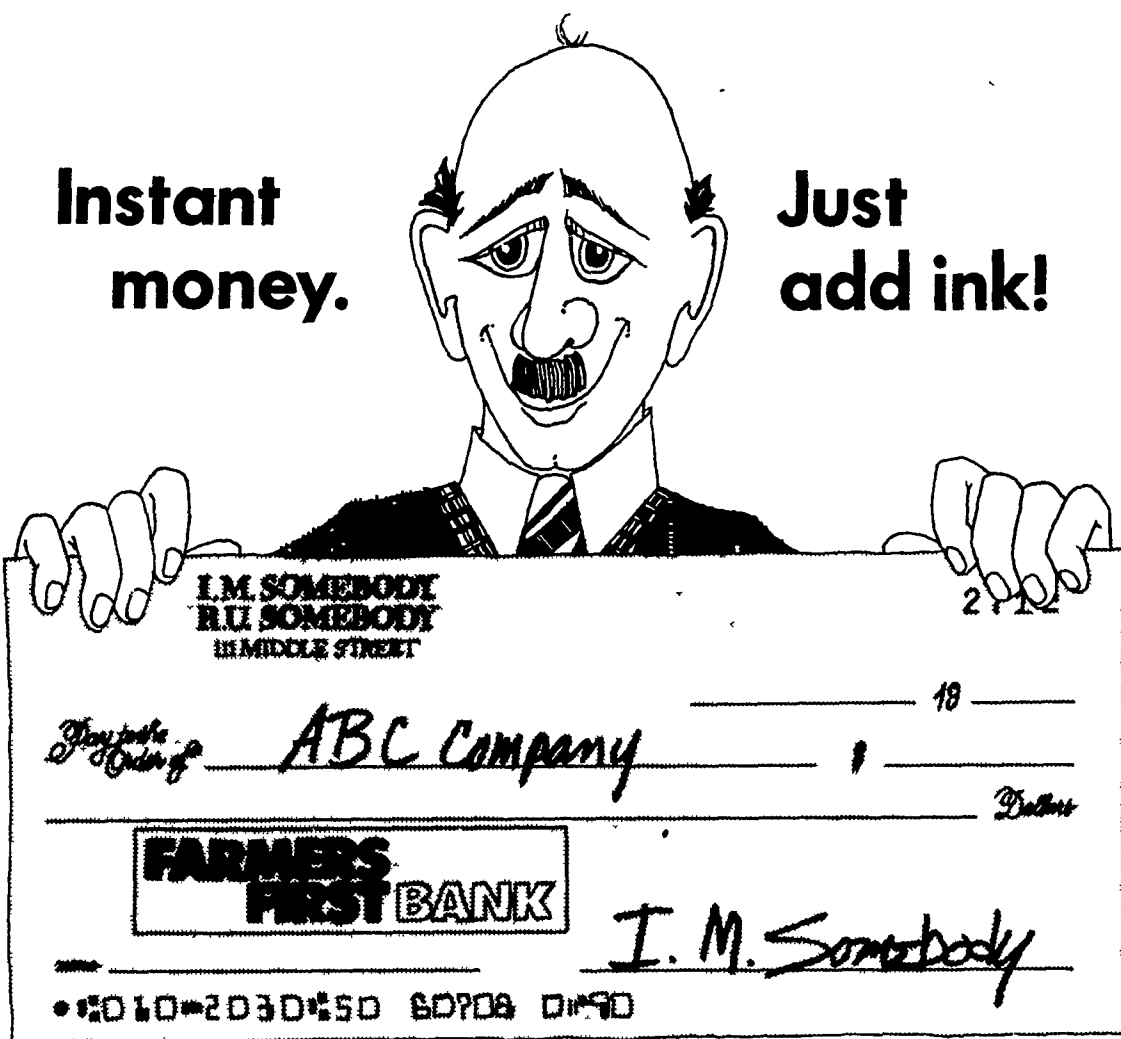
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THE BUCK--The 12,000 pull of 263-10 from his M44 tank powered tractor.

In the 9000 pound open class, Hughes finished with a pull of 295-3, beating Bedgar's IH 856 by 19½ feet. Dave Becker of Mount Joy was third with a pull of 268-1 from his Ford powered machine. Results of other classes were as follows:

**5000 pound super stock**  
1. Jim Brubaker, Quarryville, AC 180, 244-9; 2. Harold Stauffer, Ephrata, Deutz 8006, 239-1; 3. Dale Smoker, Cochranville, AC 180, 232-7.

**9000 pound super stock**  
1. Middleton, 282-9; Harry Griest, Coatesville, IH 1456, 251-3; 3. Marlin Brubaker, Quarryville, AC D21, 249-11.

**7000 pound modified**  
1. Les Houck, Kinzer, 247-10; 2. Robert Hughes, 241-4; 3. David Becker, 295-5.

**7000 pound super stock**  
1. Mark Stauffer, Ephrata, Deutz 9006, 250-8; 2. Coleman Wheatley, Bethel, Del., JD 4010, 238-7; 3. Mark Stauffer, Ephrata, Deutz 9006, 238-3.

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