

Nutritious snacks are pleasing foods

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WEST CHESTER - To Americans, an occasion just isn't special without food. From office parties to children's parties, to having a few friends drop in to play cards or to visit, snack foods play a starring role.

Many snack foods do little for nutrition or for our health, says Trudy Dougherty, Chester County Extension Home Economist with Penn State.

Typical snacks, such as potato chips, cookies, pretzels, candy and soft drinks offer little more than unnecessary empty calories.

Whether one is entertaining family and friends or just adding special snacks for school-age children, a person can experiment with

foods that are nutritious as well as appetizing and attractive.

If chips and dips are popular in the home, one can try replacing the chips or crackers with fruit or vegetable slices. Raw mushrooms, cauliflower, broccoli, radishes or turnip strips used with a favorite dip are often a tempting change for adults. For children who usually prefer milder-tasting raw vegetables, carrot sticks, celery sticks, green pepper sticks or other family favorites can be used.

Fresh, frozen or canned fruit can also be used with dips. Apple slices, pineapple chunks, banana pieces or orange sections taste

refreshing when dipped into lemon yogurt.

Spreads and breads are also good snack and party foods. Either small party loaves or regular-sized loaves of bread cut into interesting shapes can be used. There are an endless number of spreads from which to choose, including meats, fish, seafood and cheeses. Open-faced sandwiches can be served cold or hot depending upon the spread selected. Children can help spread and cut the sandwiches, which gives them an active part in family entertaining.

Cheese and crackers are also popular for snacks or hors d'oeuvres. One can choose from a wide variety of cheeses and cheese spreads to please guests. As

an interesting variation, slices or chunks of dry or summer sausage can be added.

For a nutritious change in liquid drinks, a person can select fruit juices. Chilled juice in the refrigerator is always convenient as thirsty children and teens. A basic cookbook can give more ideas for cold juice drinks.

As snacks and hors d'oeuvres are prepared, one can remember to observe the rules of food safety. One should keep hot foods hot and cold foods cold. Perishable foods shouldn't be allowed to sit at room temperature for more than two hours. Small portions of dips, spreads and other perishables, can be set out, and refilled as needed from the refrigerator.

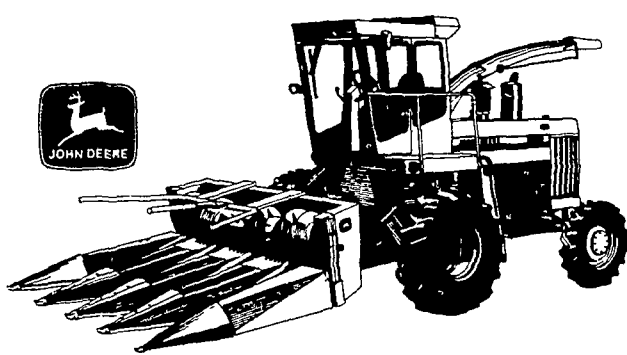


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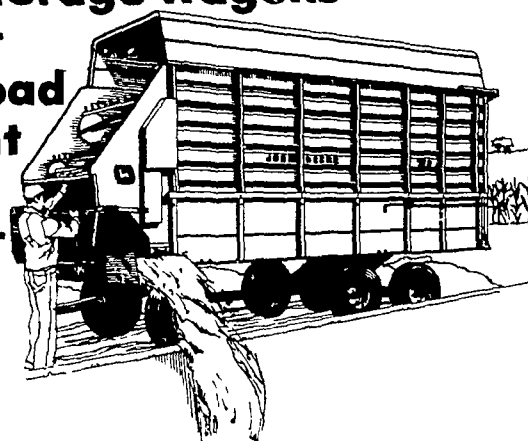
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4-H'ers visit New England

LEBANON — Twelve Lebanon County 4-H'ers travelled New England this week. As the guests of 4-H'ers in Windham County, Connecticut, the Pennsylvanians are learning much about 4-H and everyday life in Northeastern Connecticut.

The journey began with departure from Lancaster's train station. "One of the purposes of the exchange is to have new cultural experiences and, for the majority of our 4-H'ers, the train trip itself is a new experience," says Linda Rohrbach, Extension 4-H Agent.

During the seven day visit in Connecticut, the participants will stay in the homes of local families. This

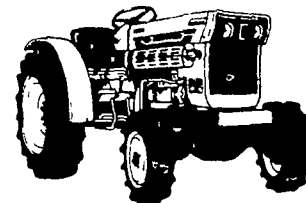
is the second year of the Connecticut exchange — last summer 20 Connecticut 4-H'ers resided in Lebanon County, learning about local customs, agriculture, and industry.

Activities planned for the week include traveling to Newport, Rhode Island for a mansion tour and afternoon at the beach, a visit to Mystic Harbor and Seaport, and a day at the Windham County 4-H camp.

Lebanon 4-H'ers participating in the Senior Exchange include David LeRoy, Megan Connor, Lisa Brandt, Lisa Bennetch, Dana Miller, Donna Kreider, Diane Kreider, Greg Allwein, Bonnie Bollinger, Bruce Hellerick, Brenda Lentz, and Sue Bomberger.

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