

# Ladies Have You Heard?

By Doris Thomas

Lancaster Extension  
Home Economist



### FREEZING MEAT TAKES CARE FOR BEST RESULTS

The quality of the freezer-stored meat you serve depends on the quality of the meat itself, the way it is prepared for freezing, the quality of the packaging materials, and the temperature of the freezer.

You can buy meat for the freezer already frozen or get it as a fresh product. If the meat is fresh, it's important to freeze it while it is in the top condition.

If you buy ground beef in bulk - more than three pounds - rewrap it in one-half or one pound units or form it into patties before serving.

Divide steaks, chops or patties with a double sheet of waxed or cellophane paper for easy separation and fast thawing. Or, freeze them individually, unwrapped on a baking sheet. After they are frozen, place in large freezer bags or wrap in freezer paper or heavy duty foil and remove individually as needed.

It is important to choose a

wrapping material which provides a good moisture vapor-proof barrier to avoid freezer burn or drying out. Common freezer paper has a shiny or waxy side; place this surface next to the meat. It serves as a moisture barrier and prevents the paper from becoming soaked.

All types of meat can be adequately packaged if you wrap with freezer paper or heavy duty aluminum foil using what is called the "drug store seal." After placing the meat in the center of the paper, bring the two sides up and over the meat, match the long ends and fold over about 1/2 inch. Make a crease the entire length. Make one more tight fold to bring the wrap down to the level of the food surface. Press air out toward end. Then, mold the wrap to the contours of the food item, folding short ends up, continuing to press out air before sealing the ends firmly.

Label with the product name and

date of packaging and freeze immediately.

### HELP SAVE CHILDREN'S LIVES THIS YEAR

As many as 100,000 young American children will be poisoned accidentally this year according to the Consumer Product Safety Commission.

Most of these poisonings will occur as a direct result of adult carelessness about household substances which are poisonous.

By keeping dangerous products out of the reach of children, nearly all accidental poisonings under the age of five could be prevented.

Parents are urged to:

—buy and use products with child-resistant caps and closures

—keep products in their original containers with the warning labels intact

—make sure that drugs, cleaning products and other potentially hazardous substances are kept securely in cabinets and other locations inaccessible to children.

Aspirin was the substance most commonly involved in poisonings to young children until the previous decade. It was the first substance to have child resistant closures. Since safety closures have been required, there has been a 60 percent reduction in the number of ingestions.

Poisonous houseplants have been the cause of the greater number of reports of child poisonings recently. Detergents, cleaners and soaps ranked second, and vitamin/mineral preparations ranked third.

The Consumer Product Safety

# Put some punch in your lunch

UNIVERSITY PARK — Everyone who packs a lunch could use some fresh new ideas and Extension nutritionists at Penn State have a few suggestions.

For a high protein sandwich idea try chopped walnuts and raisins with cream cheese; baked beans with some chili sauce; peanut butter with raisins, nuts, molasses or sliced apple; chopped egg with green pepper, nuts, olives or grated cheese; or sliced leftover beef or chicken.

Vary your bread too - try pumper

nickle with the mashed baked beans, chopped egg with whole wheat, cream cheese on a bagel. If you want to avoid bread, try a green pepper or apple stuffed with cottage cheese and dried fruit or chopped vegetables and a cup of yogurt. Make a "lettuce" sandwich by rolling your favorite filling in a large lettuce leaf or wrapping meat slices around pickles, cheese or celery.

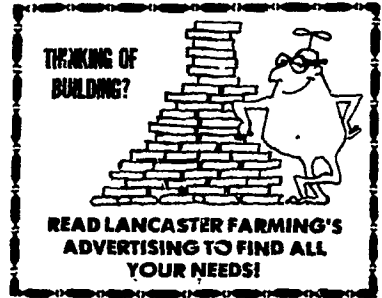
In the fruit department, try creating a "shishkabob" of pineapple cubes, apples, grapes and melon balls. Don't forget a drink. Milk is best, but you can get variety with an individual can of fruit juice or nectar.

Commission stresses that parents and other consumers can help save lives with child-resistant packaging only if properly used. The poison prevention safety tips they advocate are:

—closing the container properly after use to resecure the safety feature;

—remembering that these safety features are no more than "child-resistant" some young children may be able to open poison-prevention packages; and

—ensuring that the telephone numbers of the nearest poison control center, rescue squad service and physician are listed next to the telephone in the event of a poisoning.



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