



Have You Heard?

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Home Economist

Select Children's Snacks With Care

Toddlers and preschoolers have appetites to match their sizes and most of them do best if they have between meal snacks to make certain they get the nutrients they need. In fact, morning and afternoon snacks are a regular practice in most homes where there are young children.

If you have young children in your home, do not serve snacks that provide little nutrition and lots of sugar which is a major cause of dental cavities. That means that soft drinks, cookies, and other bakery products are not good

choices for snacks. Soft drinks are high in sugar, as are baked goods, and the baked goods stick to the teeth, further increasing the risk of cavities. Equally important, the children get filled up on foods that have little to offer but calories and often have little appetite for the foods that have nutrients they need.

What's the answer? Fruit juices or milk are good choices at snack time. If plain milk is not an acceptable snack time treat, try adding a little chocolate syrup or other flavoring. Offer easy to

handle carrot or celery sticks or cubes of mild cheese. Fruits is an excellent choice too. Try small apples, orange wedges or an acceptable fresh fruit which is in season. These are a better size for little hands and big enough for small appetites.

Children need well-balanced diets for healthy growth and development and nutritious snacks should be part of those diets.

Laundering Clothing Contaminated with Pesticides

The season for outdoor lawn, plant and tree care is just around the corner, and part of that care will probably involve using pesticides.

Caring for clothing after pesticide use is of utmost importance. Research has shown that pesticide residues are transferred to other clothing in the wash load. That means that you should always launder contaminated clothing separately.

Know what pesticide was used, its toxicity level, and its formulation so you can use the appropriate treatment. One machine

washing may be sufficient to remove some diluted, water soluble, less toxic pesticides. However, up to three launderings are recommended when removing residue from the less water soluble, more concentrated or more dangerous chemicals.

Always pre-rinse contaminated clothes before washing by hosing garments outdoors, soaking in a suitable container, or using a pre-rinse cycle with agitation in an automatic washing machine. A detergent is not necessary at this stage. Pre-rinsing is especially helpful in removing wettable powder formulations.

Wash no more than three or four pieces of clothing at a time using the highest water level setting, regular 10 to 12 minutes cycle, and hot water (140°F.) The lower the water temperature, the less pesticide is removed. If your hot water heater thermostat is set at a lower temperature, you should reset it before washing contaminated clothing.

Since pesticides could remain in the washer and contaminate subsequent loads, it is essential to clean the machine by filling it with hot water containing a detergent, and running it through a complete cycle.

Lehigh County Farmers sponsor

Ag Day baby

ALLENTOWN - Members of the Lehigh County Farmers Association greeted the first baby born in Allentown on Ag Day, March 21, with a basket full of gifts.

This year's baby, a boy, was born to Karen Seitzinger

and John Kelchner of Hamburg. Baby Andrew arrived at 12:15 a.m. at the Allentown Hospital and will be going home to live with his parents at R2 Hamburg.

He will receive gifts from 22 Lehigh County farm businesses.

The Ag Day baby program is a project of the Women's Committee of the Lehigh County Farmers Association.

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