

## Have You Heard?

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### LET'S HAVE A PICNIC

When a warm summer afternoon makes everyone "think picnic," you could find yourself organizing one.

Never fear; find the picnic hamper and the cooler. Then read through the following warm weather food care hints before you head to the store.

Buy perishable products last at the supermarket and take them home right away and refrigerate them immediately. Never leave perishables in a hot car while you run other errands.

Perishable products can be kept in your refrigerator for one to two days. For longer storage, freeze food. Make sure your freezer registers 0 degrees F.

Contrary to common practice, it is not safe to thaw meat and poultry on the kitchen counter. Bacteria can multiply dangerously in the outer layers before inner areas are thawed.

Cook everything thoroughly. If you like your steak rare, just

remember that there is a chance that some food poisoning organisms can survive such short cooking times.

If there's no water available, use disposable, wet Handiwipes to clean your hands before working with food.

Keep bacteria on raw meat and poultry from spreading. Wash your hands again after working with raw meat or poultry and before handling other food.

Take up cooked meat and poultry with clean utensils onto a fresh plate for serving. Don't reuse utensils, plates, or bowls you used with the raw product.

For a relaxed, worry-free picnic, keep your perishable food in a cooler.

While all mayonnaise-based salads should be kept on ice, the mayonnaise you buy at the store is not a food poisoning villain. Its high acid content actually slows bacterial growth. But home-made mayonnaise, if made without lemon juice or vinegar, can be

## Lycoming Crowns Dairy Princess

MONTOURSVILLE (Lycoming Co.) — Two sisters head dairy promotional activities for Lycoming County. Dairy Princess Shannon Peterman and her sister Rhonda were crowned on June 15 at the pageant held at Faith United Methodist church, Moutoursville.

The sisters live with their parents Mr. and Mrs. Kendall Peterman on the Hugessville farm, Peterman's Pride Dairy Farm.

Three dairy maids were chosen to assist the dairy princesses: Jennifer Cline, Linden; Krista Schon, Loyalsock Township; and Yvonne Peterman, Hughesville.

risky.

The cooler should be well-insulated and packed with ice, or you can use a freeze-pack insert. Cold drinks in cans help keep other food cool too.

When possible, place the cooler in the shade. Keep the lid on.

Put perishable foods back in the cooler as soon as you finish eating. Do not leave them out while you go for a swim or hike.

When possible, place the chest in the passenger area of the car for the trip home. It's much cooler than the trunk!

If you were gone no more than 4 or 5 hours, and your perishables were on ice except when cooked and served, you should be able to save any leftovers. Remember, when in doubt throw it out!



Shannon Peterman is the new Lycoming Co. dairy princess.

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