

Slow Cooker Safety

HONESDALE (Wayne Co.) — Slow cookers are often used by food handlers at fairs and church suppers to keep foods like sloppy joes, meatballs, and chili heated for serving. Slow cookers cook foods at low temperatures (between 170 degrees and 280 degrees F) but are considered safe since the direct heat from the pot,

lently cooking, and steam created within the tightly-covered container combine to destroy bacteria.

If you use slow cookers, keep these safety tips in mind:

- Keep perishable foods like meat and vegetables refrigerated until placing in the cooker.
- Always defrost meat or poultry before putting it into a slow

cooker.

• Cut food like roasts and whole chickens into small pieces before placing in the cooker. The smaller sections will cook faster ensuring thorough cooking.

• Fill the cooker no less than half full and no more than two-thirds full.

Scholarship Available

The Rutgers Family and Consumer Sciences Advisory Council of Hunterdon County is offering a \$350 scholarship to high school senior or college level student pursuing a career in a family and consumer science related field. This also includes any adult who is returning to college to continue studies in this field.

Students from other counties may apply, however, preference will be given to applicants from Hunterdon County.

Application forms are available at the Rutgers Cooperative Extension office at 4 Gauntt Place, Flemington, NJ 08822, or by calling (908) 788-1342. Deadline for applying is June 15.

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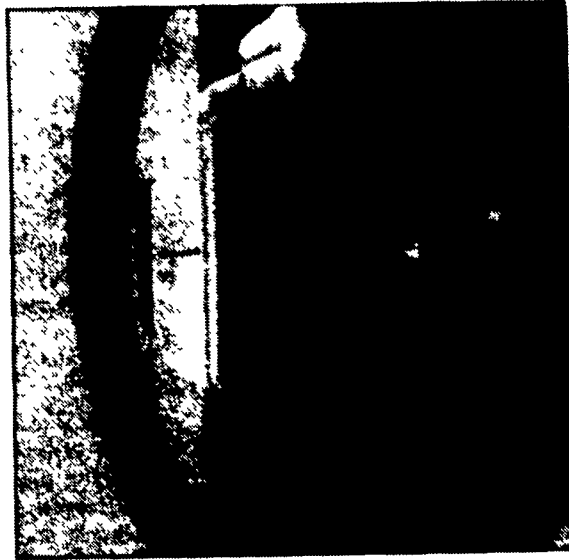
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