

## Mail-Order Foods—Safe Or Suspect?

EBENSBURG (Cambria Co.) — Everyone loves getting packages in the mail. Sometimes they are gifts of food — either homemade or from mail order. When it's baked goods or shelf-stable canned items you usually know whether it's safe and what to do with it. But what about smoked turkeys, cheese and sausage gift packs, and other perishable items?

Whether you are giving or receiving, there are some food safety tips you need to keep in

mind for these special gifts:

- **Check with the company.** Ask the mail order company how the gift will be packaged. It should be packed in foam or heavy corrugated cardboard. If it's a perishable item like meat or poultry, it should be cold or frozen and packed with a cold source such as dry ice.

- **Speedy Delivery.** Ask the company how the food will be mailed. If it's a perishable item, it should be delivered as quickly as possible — ideally overnight.

Make sure perishable items and the outer package are labeled "KEEP REFRIGERATED" to alert the recipient.

- **How to Store and Serve.** Will the food item come with storage and preparation instructions? Some mail order food gift items are of an unusual nature and some recipients may not know how to handle or prepare them.

- **No Surprises** — Arrange for delivery. Tell the recipient if the company has promised a deliv-

ery date. Or alert the recipient that "the gift is in the mail" so that she or a neighbor can be home to receive it. Otherwise it may sit unsafely on the front porch or at the post office for hours or even days. Don't have perishable items delivered to an office unless you know it will arrive on a work day and there's refrigerator space available there for keeping it cold.

When you receive a food gift by mail:

- **Check the temperature.** According to Kathryn J. Hostetler, Penn State Cooperative Extension, when you receive a food item marked "keep refrigerated," open it immediately and check its temperature. Optimally, the food should arrive frozen or partially frozen with ice crystals still visible, or at least, refrigerator cold to the touch. If perishable food arrives warm, notify the company and/or the person who sent the gift. Do not eat the food. the shipper's responsibility

## RED WING SHOES

# SHELTER FROM THE STORM



953



1212



815



**Fitting You Right Is Our #1 Priority.**

### ALLENSVILLE

Allensville Shoe Shop  
Box 7 State Route

### HONEY BROOK

Brandywine Shoe Shop  
Box 156 Rt. 2  
1620 Cambridge Rd.

### KUTZTOWN

Waynes Dry Goods  
271-273 W. Main St.  
215-683-7686

### MADISONBURG

Fisher Harness & Shoe Shop  
Star Route, Box 47

### MARTINSBURG

Zimmerman Harness  
RD 2 Box 36  
814-793-3961

### MIFFLINTOWN

Lost Creek Shoe Shop  
RD #1 Box 88

### MILLERSBURG

Tall Pines Country Store  
796 Kessler Rd  
717-362-3024  
(voice mail only)

### QUARRYVILLE

Books Shoe Service  
107 E. State St.  
717-786-2795

### REHRERSBURG

Leo's Shoe Store  
Godfrey St.  
717-933-8169

### SPRINGFIELD

Red Wing Shoe Store  
237 Baltimore Pike  
215-544-1664

## WORK HARD