

Family Living Focus

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event that will likely have high calorie or high fat foods you need to avoid, eat before you go so you are not starved when you get there. Hopefully, the planning committee or hostess will have realized that there are some folks who need to find low sodium or low fat or low sugar foods. A really thoughtful hostess will make little signs for the food that identifies special considerations. A thoughtful hostess will also provide warnings about the "hotness" of dips and the like!

- Always plan for at least one sugar - free beverage. You'll be surprised how many people will chose it. Especially in the evening, plan for a caffeine-free hot beverage. Try to have a dip or two without high fat. Have veggies and/or pretzels for people to dip with instead of only high fat alternates.

- Fresh fruit especially the "gold" variety of pineapple in season just now makes a great addition to a meal or to snack foods. Have you seen the new grape-shaped mini-tomatoes. They have wonderful fresh tomato flavor.

- If you are the hostess, don't be a food "Pusher". Allow your guests to eat little or nothing if they want. Don't make them feel that if they don't eat our food it is a personal repudiation!

- Try to even out the balance of all the food groups you consume over several days. Take time to do an inventory of what you ate and drank, including the

amounts for the past few days. Sometimes when we are busy we don't think about food, we just eat whatever crossed our path.

Are you getting a source of calcium (other than eggnog!) Are you getting at least 5 servings of fruits and vegetables daily (with plenty of dark green and citrus)?

If you don't have a Food Guide Pyramid for nutrition intake guidance, contact our Extension office for a copy.

- Finally, if you are depressed

at holiday time, it may cause you to overeat or to avoid eating. Recognize what you are doing and talk to a friend about your feelings and choose activities that will encourage healthy consumption patterns. If you have a friend or family member who is going through difficult times, help them with food problems by giving them healthy alternatives or inviting them to join you for a nutritious meal.

- Happy Holidays and a healthy New Year!

Got Chocolate Milk? Get It At School

EMLENTON (Venango Co.) — "Got chocolate milk? Get it at school!" will be the theme of the school milk promotion set to take place in January 1999 in elementary schools throughout the Pennsylvania Dairy Promotion Program area.

Building on the information gathered during the 1998, "Got milk? Make Mine Cold!" school food service promotion, this new event promotes chocolate milk in schools — targeting kids who bring their lunch from home. Dairy research has shown that most children who bring their lunch from home do not purchase milk at school.

"Got chocolate milk? Get it at school!" positions chocolate milk as the drink of choice for those

who pack their lunch, encouraging them to choose milk at school, rather than other beverages. The goal of the promotion is to persuade non-milk drinkers to drink chocolate milk.

Participating schools will receive a promotion kit including a banner, posters, book covers, pencils, and chocolate milk mustache stickers. They will also receive tips and ideas on running a successful chocolate milk promotion and nutrition information about chocolate milk.

As complementary component of this promotion ADADC Mid East has coordinated with Milk-PEP to conduct market research evaluating the effectiveness of in-school marketing promotions.

Eating through the Holidays

How are you doing with your holiday food intake?

Is it "wretched excess" or "Hurry, hurry I don't have time to eat" or "We'll just order pizza, I don't have time for anything else."

This time of year there are many demands on our time and energy and lots different activity patterns that can disrupt a well-planned eating pattern. If you have diet restrictions it is especially challenging to be sociable without doing yourself in, dietarily speaking.

Platters of cookies everywhere, pot-luck holiday lunches or suppers at worksites or with organizations, gifts of homemade food from well meaning friends (and no freezer space to file them away for future eating!). Candy gifts both homemade and store-bought with easy-to-nibble pieces. Compounding the problem is the fact that

maybe you are not getting regular exercise to burn off the added intake. This year we surely cannot blame the weather for not being able to get outside to walk!

Here are some thoughts for surviving the eating season.

- Think about making a big pot of vegetable soup or some other low-fat but nutritious soup that you can have ready to eat quickly when time is short. Make ahead and freeze in serving size portions. The new store, freeze and reheat plastic containers are wonderful for this purpose. In fact, a really great Christmas gift might be an assortment of homemade soups frozen in these reheatable containers. Make them for yourself and freeze the excess for gifts. This would be an appreciated gift for those who are living alone. You can adapt the recipes for sodium or fat restrictions, too.

- When going to an eating

In the
tradition of
Christmas cheer,
we'd like to extend
our sincere thanks for
your friendship this
past year. May your
season abound with love.



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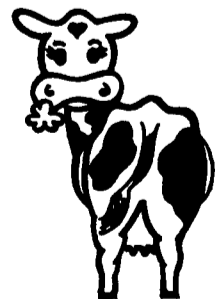


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