

Booklet Recaps Bread Memories, Traditions

PARKER, Colo. — Joan Lunden, Elvis Grbac, Angela Lansbury and 18 winners from across the nation have all contributed stories, drawings or recipes for a booklet to benefit the Spina Bifida Association of America. This booklet, which illustrates the importance of bread's influence on our warm memories and family traditions, features top entries selected from the Wheat Foods Council (WFC) and American Bakers Association's (ABA) "Bread: Memories and Traditions of a Lifetime" contest. Proceeds from booklet sales will be donated to Spina Bifida Association of America, which educates the public on neural tube birth defects and raises money for research.

"We received nearly 1,000 contest entries, which made the selection of the top entries a challenging task," said Mindy Hermann, R.D., a judge for the "Stories of a Lifetime" category. "The stories amazed me. It was incredible to read how bread, which is both a comfort food and a nutritious staple in American

culture, could create such vivid memories and recollections."

The contest consisted of three categories: "Favorite Recipes" for unpublished bread-based recipes; "Stories of a Lifetime" for the best stories that recall fun times with family and friends; and "Bread Drawings," in which children entered drawings of bread or rolls as a part of their favorite meals.

All winning entries, as well as celebrity contributions and honorable mention entries, have been compiled into a booklet that is available to the public for \$5.

To order the booklet and help the Spina Bifida Association of America, send your name, address, telephone number and a check or money order for \$5 (includes postage and handling) payable to WFC Memories of a Lifetime. Mail the check and your contact information to WFC Memories of a Lifetime/AJM, 2405 Grand Blvd., #700, Kansas City, MO 64108.

For more information about the booklet or the benefits of bread and grain foods, log on to

<http://www.wheatfoods.org>.

Here is one of the recipes from the booklet.

CARAMEL APPLE CRISP BREAD PUDDING

Streusel Topping:

- 3/4 cup all-purpose flour
 - 1/2 cup packed brown sugar
 - 1/3 cup butter, softened
 - 1/2 cup chopped, toasted pecans
- Pudding:
- 1-3/4 cups milk
 - 1 cup butterscotch, caramel or fudge ice cream topping
 - 1/4 cup butter
 - 4 cups cubed, white sandwich bread or rolls
 - 2 cups peeled, thinly sliced apples
 - 2 eggs, beaten.

Preheat oven to 350°F. Lightly grease a 1-1/2 qt. baking dish. In a medium-sized bowl stir together flour, brown sugar, and butter until crumbly; add pecans and stir. Set aside. In a large saucepan, combine milk, ice cream topping and butter. Cook over medium heat until blended and butter is melted; remove from heat. Stir in bread and apples. Let stand 10 minutes. Stir in eggs. Pour into

greased baking dish and bake for 20 minutes.

Remove from oven and sprinkle topping over partially baked pudding. Bake 20 to 25 minutes, or until apples are tender and a knife inserted in center comes out clean. Serve warm with slightly heated caramel topping

if desired. Garnish with sliced apples and mint sprigs, if desired. Makes 8 servings.

Nutrition information: per serving, 525 calories; 78 g. carbohydrate; 21 g. fat; 9 g. protein; 93 mg. cholesterol; 526 mg. sodium; 2 g. fiber

PDPPS Seeks Special Promotion Director

CLARION (Clarion Co.) — Pennsylvania Dairy Princess & Promotion Services (PDPPS) is facing change and growth. Arlene Wilbur, the associate program director, has recently resigned from her position with the promotion program. An excellent opportunity opened in her hometown of LeRaysville, working in the local school district. A long-time desire for her is being fulfilled through having the opportunity to work in the high school that she attended.

An opening for special promotions and public relations director is now available with PDPPS. This position will involve the use of excellent communications skills in relating to people as well as written form, availability to travel throughout the state with current royalty, and organizational abilities with attention to detail and flexibility to work with others.

Coordinated by area coordi-

nators located throughout the state, and managed by an executive director, the Board of Directors is accepting and reviewing resumés with references through the Corporate office address of 214 South Street, Clarion Pa 16214 or by fax, (814) 226-8698.

The purpose of the Pennsylvania Dairy Princess Program is to promote the consumption and sale of milk and dairy products to the consumer and to create better relations between urban and rural people.

This is accomplished by county dairy princesses, alternates, dairy maids and ambassadors working closely in cooperation with the local promotion efforts of the various dairy promotion agencies and dairy councils. It is a concentrated grass roots effort to make adults and children more aware of their need to include milk and milk products in their daily diets.

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