

**Family Living  
Focus**  
by  
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small plastic containers or bags, store properly, then grab and use as needed.

Younger children may be satisfied with, or even insist on having the same thing everyday. That's OK, one meal or several meals the same does not make or break a diet.

It's far better for them to eat the same thing everyday, then not to eat or to trade with a schoolmate. While sandwiches are a simple way to include many of the food groups, they are not the only way. Here are some ideas to use if your kids are tired of "the same old thing." Cut fruits and vegetables into bite size pieces or strips. Make kabobs with fruits/vegetables on a straw, add some cheese cubes. Send along dips for fruits and vegetables, such as lowfat yogurt or salad dressings. Add variety by using different breads such as pita bread, soft tortillas, English muffins or try whole grain crackers. Top sandwiches with cucumbers, sprouts, red or green pepper strips for more adventurous eaters. Send along dry cereal or granola to mix in with yogurt. Pack pretzels, rice cakes or Cheerios instead of potato chips. Allow for special treats as well, cookies or snack bars or include a special note from mom or dad.

In most cases refrigerators and microwave ovens will not be available for use, so be sure to take the necessary steps to ensure cold foods remain cold and hot foods remain hot. Invest in an unbreakable thermos and insulated lunch bag. For hot foods, pre-heat the thermos (make sure it is one specifically designed for hot food) by pouring in hot water. Reheat foods to 165F before placing them in the thermos. An ice pack of some type should be placed in the insulated bag to keep cold foods cold. Freezing a juice box or a container of yogurt will also work. Sandwiches can also be frozen. To avoid sogginess do not put condiments on the sandwich before freezing. Use containers that are designed specifically for carrying foods.

Throw away any foods brought home and be sure to thoroughly clean containers, bags, and lunch boxes daily with soap and water.

Menu ideas: Peanut butter and honey on whole grain submarine roll, fresh orange slices, three vanilla wafers and milk. Tuna salad on whole wheat bread, strawberry, grape and orange fruit kabobs with lowfat fruit flavored yogurt for dipping, three small chocolate chip cookies and a juice box. Tortilla roll ups (low fat ham or turkey and cheese rolled on a whole wheat tortilla), carrot and celery strips with salsa, two oatmeal cookies and milk.

While these ideas may not appeal to everyone, they may spark other ideas to get the school year off on the right foot with healthy and nutritious lunches.

**It's In The Bag!**  
**Healthy Lunch Box Tips**  
With school just around the corner, it's time to dust off the lunch box and get ready for the busy days ahead. Lunch provides the fuel children need to get through an afternoon of school lessons and activities.

When packing lunches, you want to provide about 1/2 of the daily food needs of your child. This means choosing at least one serving of food from each of the food groups in the pyramid. This would include 2 servings of fruits and/or vegetables, 1 serving of low-fat milk, yogurt or cheese, 1 or 2 servings from the bread, pasta and grain group, 1 serving from the meat group, with small amounts of food from the tip of the pyramid for added pleasure.

One of the keys to packing healthy lunches involves planning. If morning is hectic at your house, try packing lunches the night before, or better yet while you're cleaning up from supper. Get the kids involved in planning their lunches. They are more likely to eat what's in their lunch if they helped prepare it. Have them write down menu ideas to use as your guide when shopping. When preparing fresh fruits and vegetables for supper, place some in containers for use in lunches the next day. Add some yogurt or lowfat dressing for dipping. If your budget allows buy items already prepared or in individual sized serving containers. If this isn't possible, buy foods in larger quantities and then repackage in

## Food Pavilion Showcases Agriculture At Maryland State Fair

**TIMONIUM, Md.** — Fairgoers will have the opportunity to enjoy some of Maryland's finest foods fresh from Maryland farms and the Chesapeake Bay at the State Fair's Maryland Foods Pavilion from Friday, Aug. 24 through Monday, Sept. 3, 10 a.m.-9 p.m.

Producers will showcase a variety of food that grows in our state including mouth-watering crab cakes, catfish filet sandwiches, sweet corn-on-the-cob, smoked ham, pork barbecue, charcoal grilled beef sandwiches, lamb shish-ke-babs, fried clams, turkey subs, roasted barbecue chicken, fresh fruit salad, yogurt sundaes, and more.

In addition, The Maryland Foods Pavilion will showcase products by hosting cooking demonstrations, food tastings and recipe giveaways in the center demonstration area from 10 a.m.-5 p.m. daily.

"The Maryland Foods Pavilion has been one of the greatest promotional successes for the Maryland Department of Agriculture, Maryland's producers, and the Maryland State Fair," said Stan Dabkowski, chairman of the Maryland Foods Pavilion. "Hundreds of people have told me that the Maryland Foods Pavilion is the main attraction that keeps them coming back to the Maryland State Fair. And, it is always their first stop for a great meal."

Cooking demonstrations will take place on the following dates: opening day, Friday, Aug. 24, Maryland Seafood Day; Saturday, Aug. 25, Maryland Pork Day; Sunday, Aug. 26, Maryland Turkey Day; Monday, Aug. 27, Maryland Yogurt/Dairy Day; Tuesday, Aug. 28, Maryland Beef Day; Wednesday, Aug. 29, Maryland Fruit and Vegetable Day; Thursday, Aug. 30, Maryland Chicken Day; Friday, Aug. 31, Maryland Lamb Day; Saturday, Sept. 1, Maryland Oyster Day; Sunday, Sept. 2 and Monday, Sept. 3, to be announced.

The 120th Maryland State Fair, which will offer a variety of livestock and horse shows, mid-

way rides, thoroughbred horse racing, arts and crafts and home arts exhibits, runs from Friday, Aug. 24 through Monday, Sept. 3, at the Timonium Fairgrounds in Baltimore County.

Early risers can enjoy attend livestock and horse shows at 9 a.m. Exhibit halls are open from 10 a.m.-10 p.m. The midway opens at 10 a.m. on week-ends and noon on weekdays. Admission is only \$5 for adults and children under 12 are admitted free. Rides are individually priced.

Thoroughbred horse racing begins Saturday, Aug. 25 and runs through Labor Day. Post time is 1 p.m. Admission to the race track is included in the admission price of the fair. Parking on the fairgrounds for a minimal fee and free parking at the Park and Ride location on Deereco Road are available on a first-come, first-serve basis.

The fairgrounds encourages use of the light rail with an easily accessible light rail stop at the fairgrounds' Cow Palace gate. For fairgoers' convenience, ATM machines will be located in front of the 4-H building and exhibition hall, inside the Cow Palace, and in the center of the grandstand on the upper and lower levels.

The 120th Maryland State Fair has something for everyone, the young and the young at heart. Sponsors of The Maryland State Fair include: American Express; The Bees Distributing Company/Budweiser; Chase Card; Cosamin; Cosequin; Deer Park Water; The Discover Card; Esskay, Inc.; Gioco Direct; Giant Food; Great Eastern Resorts; Hawkeye Spas; Lustre Craft; Maryland State Lottery; Mass Transit Administration; Maytag; Patient First; Patuxent Publishing; Pepsi; Schmidt's Baking Company; Baltimore Sun Papers; Toyota; Turkey Hill Dairy; WJZ-TV 13; among others. For general information, call (410) 252-0200, ext. 227 or visit the Maryland State Fair Website at [marylandstatefair.com](http://marylandstatefair.com).

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