

**Family Living  
Focus**

by  
**Margaret R.  
Malehorn**  
Cumberland Co.  
Extension Agent



**Time For Chill**

"Chill" is the theme for this year's National and State Food Safety Education Month in September. Consumers know they need to cook food thoroughly to kill harmful bacteria. Let's test your knowledge about "refrigerator food safety:"

- How long do you think it would take an eight-inch stock pot of steaming chicken soup to cool to a safe temperature in your refrigerator? Would you guess 24 hours? Our goal is to get food to 41°F in four hours, or at least to 70°F in two hours and 41°F in an additional four hours.

- At room temperature, how long do you think it takes dangerous bacteria to double in number? How about every 20 minutes.

- Refrigerator temperatures slow the growth of bacteria. Right? Not always. Some dangerous bacteria, especially *Listeria monocytogenes*, actually continue to multiply at refrigerator temperatures.

So, what are some good "chill" food safety rules?

- Refrigerate promptly. Steaming hot food can go into the refrigerator. It is best to store hot food in shallow pans to speed cooling. Prompt refrigeration will keep food safe and won't hurt the refrigerator.

- Use a thermometer. Purchase a refrigerator thermometer at a grocery store. Set the temperature control in the refrigerator to keep the food at or below 40°F.

- Don't jam-pack the fridge. It is important for air to circulate and cool food quickly, so don't pack every inch of the refrigerator. Use the storage bin at the bottom of the refrigerator for raw ground meats. Salad greens and ready to eat foods should be on the top shelf and foods to be cooked below these. Store eggs in their original container.

- Keep it clean. We regularly clean almost every thing in our kitchens, except the refrigerator. Spilled food on shelves is a perfect spot for bacteria to hide. Clean up spills right away and wash the refrigerator with hot, soapy water. Keep foods wrapped or store in sealed containers to avoid cross contamination.

- Pitch, pitch, pitch. Don't keep food too long. It is better to throw food away than to jeopardize your family's health. The longer you've had the food, the greater chance that dangerous bacteria might be there.

In general: fresh poultry and ground meat keep in the refrigerator two days; fresh meat up to five days; and most leftovers will keep three to four days. Vacuum-packed meats last two weeks unopened; five to seven days if opened.

For more information about these and other food safety issues, contact Penn State Cooperative Extension in your county, or access the Penn State food safety web page at: [foodsafety.cas.psu.edu](http://foodsafety.cas.psu.edu).

# 'Got Milk?' Xtreme Flavors Promotion Reaches Kids

HARRISBURG (Dauphin Co.) — Milk is finally the "cool" beverage kids want. Not only is it a nutritious alternative to carbonated soft drinks, new flavors and new packaging has made milk the fun alternative that kids are excited about. This fall, "got milk?" Xtreme Flavors is driving the sale of flavored milk even further.

From Aug. 27 to Sept. 30, supermarket chains throughout the Pennsylvania Dairy Promotion Program (PDPP) service area and the U.S. carry the energetic message to kids, teens and moms to drink more flavored milk. Built on the national theme, retailers are using feature ads and eye-catching point-of-sale materials to get consumers' attention. An incentive for retailers to get behind the promotion provides them with opportunities to run their own sweepstakes or in-store give-away of cool "got milk?" Xtreme Flavors merchandise, including mountain bikes, skateboards and scooters.

PDPP works with area processors to expand the research of the "got milk?" Xtreme Flavors promotion into independent retailers, convenience stores, drug stores and mass merchandisers. By increasing the number of retailers participating, and thus, sell more milk for our dairy farmers. PDPP also implemented a local extension of the "got milk?" Xtreme Flavors promotion — a tie-in with the Carnegie Science Center in Pittsburgh and Shop 'n Save stores.



On the heels of the retail "got milk?" Xtreme Flavors promotion, the same theme will come to school cafeterias in October. Participating schools will receive cafeteria posters, serving line promotion pieces, student incentives and activity sheets. The school food service promotion features the same kid-friendly graphics used in the retail promotion.

Flavored milk drove milk sales in 2000. While flavored milk accounted for only three percent of fluid milk sales, it accounted for 27 percent share of growth. Most popular milk flavors are chocolate, strawberry, vanilla, banana and coffee. Since 1990, per capita consumption of flavored milk alone has increased by two pounds per person.

## What You Need To Know About Credit Debt

LANCASTER (Lancaster Co.) — Penn State Cooperative Extension is offering a free "What You Need To Know About Credit Card Debt." It is offered Wednesday, Sept. 26, from 7 to 9 p.m. at the Farm and Home Center at 1383 Arcadia Road, Lancaster.

Penn State encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact Robert

Thee at (717) 394-6851 in advance of your participation or visit.

Are you buried in debt? Do you fight a seemingly hopeless battle to reduce your credit card balances? Would you like to learn how to get more from your credit dollar, obtain a copy of your credit bureau file, and avoid traps card issuers set to get more of your money? If so, help may be just a workshop away.

To register or for more information, call Penn State Cooperative Extension at 394-6851.

## Why Be Sick And Tired?

America has more sick people than most countries, because they eat too much cooked food which lost all the enzymes and up to 80% of the nutrition. Most food you buy contains harmful toxins because they use weed killers, insecticides and many harmful chemicals in growing it, and then more chemicals in processing to increase shelf life. But there is a solution to the problem.



### Be Healthy And Energetic?

May doctors and people are now using a new and safer way to remove toxins and poisons from the body, clean out the arteries and develop a strong immune system so it can fight off diseases with amazing results, without any drugs. This program supplies the immune system with killer cells, memory and suppresser cells activity and training, which is like manpower and equipment to any army. It provides the immune system with all natural, organically grown fruit, grain and vegetables" which is like good food and ammunition to an army.

Over 40 million dollars were spent in research, and over 3000 sheets of scientific documented studies by doctors supports many positive clinical experiences, and backs up the patented process in providing proven products. The cost is considerable less than drugs, chelation, radiation, chemotherapy and operations. It does NOT interfere with medication. There are now viruses that can not be stopped with antibiotics, but these all natural products are producing excellent results with supervision from doctors.

### Over 3000 Doctors Have Already Switched

They have switched from drugs to alternative medicine in order to help people recover from cancer, heart attacks, arthritis diabetes, lupus, fibromyalgia, allergies, fatigue and many other health problems without any side effects. We make no health claims. We work with doctors in giving the body all natural food grade products it needs to heal itself. There is also a Prevention Program to help you from getting sick. "An ounce of prevention costs far less, and is so much better than a pound of cure" (doctor and hospital bills). Which would you prefer, \$149 a year to help prevent a heart attack, or a \$50,000 by pass operation? The choice is yours. Let us try to help you prevent health problems.

For more information contact:

**UNI Health Products, Inc.**

520 Prescott Rd. Lebanon, Pa. 17042

Phone 717-866-4555, E-mail UNI@nbn.net

**Inquire for distributor opportunities**

55th Annual

## OLEY VALLEY COMMUNITY FAIR

Located on the Oley Fire Company Fairgrounds  
Routes 73 & 662, Oley, PA



**BIGGUNS**

### THURSDAY - SEPTEMBER 20th

- 8AM - Judging of Exhibits
- 11AM - 2:45PM - PA Dutch Program
- 1PM - 1:45PM - Tigger & Traxann
- 4:30PM - Children's Pedal Tractor Contest
- 6PM - Farm Youth Vocational Agriculture Livestock Judging
- 6:30PM - Big Guns
- 7:30PM - Presentation of Commercial Exhibit Awards
- 8:30PM - Big Guns



**THE FABULOUS GREASEBAND**

### FRIDAY - SEPTEMBER 21st

- 10AM - Farm Youth Vo-Ag Dairy Judging Contest
- Judging of Sheep
- Tractor Pulling Contest
- Lamb Trimming & Blocking Contest
- 1PM - Oley Valley High School Band
- 1:30PM - Youth Pedal Tractor Pulling Contest
- 4:30PM - Big Wheel Contest
- 6PM - Country Keys featuring Terry Hertzog & Linette Mertz
- 7:30PM - The Fabulous Greaseband
- 9:30PM - The Fabulous Greaseband



**JOHN BRESSLER**

### SATURDAY - SEPTEMBER 22nd

- 10AM - Garden Tractor & ATV Pull & Safe Tractor Driving Contest
- 11AM - Bale Throwing Contest
- 11AM - 3PM - Mid-Day Car Cruise
- Noon - Country Keys featuring Terry Hertzog & Linette Mertz
- 1PM - 3PM - Ringgold Band
- 1:30PM - Adult Pedal Tractor Pulling Contest
- 3PM - 6PM - Happy Dutchmen Strolling Band
- 3:30PM - Pie Eating Contest
- 6:30PM - Presentation of Department Trophies
- 7PM & 9PM - John Bressler
- 9:30PM - Auction of Fair Exhibits