

Consuming Thoughts

by

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It is fun when grandchildren come to visit, or if you regularly lend a hand with their care, but as you know, the care and feeding of grandchildren is also a major responsibility.

Many of the feeding practices you probably used with your own children are no longer advocated for today's infants and toddlers. So let's take a look at FDA recommended food safety implications of feeding that special new person in your life.

Keep it Clean

- Always begin formula and food preparation by washing your hands.
- If making homemade baby food, use a brush to clean areas around the blender blades of food processor parts. Old food particles can harbor harmful bacteria that may contaminate other foods.
- Use detergent and hot water to wash and rinse all utensils (including can opener) that come in contact with baby's foods.

Handle Baby's Food Safely

- Harmful bacteria from a baby's mouth can be introduced into food or bottles where it can grow and multiply even after refrigeration and reheating. If the baby does not finish a bottle, do not put it back in the refrigerator

for another time. Likewise, do not feed a baby from a jar of baby food and put it back in the refrigerator for another time. Saliva on the spoon contaminates the remaining food.

- If using commercial baby food, check to see if the safety button on the lid is down. If the jar lid doesn't "pop" when opened, do not use. Discard jars with chipped glass or rusty lids.
- Follow the manufacturer's recommendations for preparing bottles before filling with formula or milk.

Store Food Safely

- Observe "use by" dates on formula cans.
- To freeze homemade baby food put the mixture in an ice cube tray. Cover with heavy-duty plastic wrap until the food is frozen. Pop food cubes into a freezer bag or airtight container and date it. Store up to three months. One cube equals one serving.

Keep Food

At Safe Temperatures

- Perishable items like milk, formula or food left out of the refrigerator or without a cold source for more than two hours should not be used.
- When traveling with a baby, transport bottles and food in an insulated cooler. Place the ice

Hot Dog Recipe Contest Seeks New Ways To Serve One Of America's Favorite Foods

It's difficult to notice Grillmore Berks when he walks into a room. At seven-feet tall, this lovable mascot of the Berks Packing Company has been making personal appearances in the tri-state area to celebrate National Hot Dog Month, and through the fall months visiting regional baseball and amusement parks, supermarkets, charity events and parades. It's all in a day's work promoting one of America's favorite foods — and how many different ways it can be served.

One event Grillmore is definitely

looking forward to is escorting the grand prize winner of the first annual Grillmore Berks' Hot Dog Recipe Contest on a \$250 Grocery Shopping Spree...in a chauffeured stretch limo. The competition celebrates the wonderful versatility of hot dogs — as a classic frank on a bun smothered with favorite condiments, as savory hors d'oeuvres for picnics and parties, as an ingredient in hundreds of plain and fancy entrees, casseroles and side dishes.

"Hot dogs are thoroughly American in their diversity," states Berks vice president of marketing Jim Boylan. "You'll find differences in how a hot dog is made (from traditional beef and pork blends to all-beef, poultry, low fat and spicy mixes), and you certainly find regional differences in how they are served. The contest features three categories — Grilled Summer Sizzlers (for the grill), Year-Round Party Favorites (finger foods and party hors d'oeuvres), and Entrees and Casseroles — and one basic rule that every recipe submitted must use beef or beef/pork hot dogs as an ingredient. Deadline for entry is Dec. 31 and the winners will be announced in February 2002.

For more information about Berks, call (800) 882-3537, or visit Berks on the web at www.berksfood.com.

An official entry form for the first annual Grillmore Berks' Hot Dog Recipe Contest is available on the Website.

Here are a few recipes to get you thinking about the competition.

Frankly Delicious Kabobs
4 beef or grill franks, thickly

- sliced
- 1 cup broccoli florettes
 - 1 cup fresh or canned pineapple chunks
 - 8 cherry tomatoes
 - 1/4 teaspoon ground ginger
 - 1 tablespoon soy sauce
 - 1/4 cup honey

Thread franks onto each of 8 skewers with broccoli, pineapple, and tomatoes (other fresh garden vegetables may be substituted as they come into season).

Stir ginger and soy into warmed honey.

Brush over kabobs during grilling. Yields 4 servings.

Cheesy Hot Dog Totes

- 1/2 pound beef or grill franks, cubed
- 1/2 pound sharp cheddar cheese, shredded
- 2-ounce jar stuffed green olives, chopped
- 1/2 cup frozen diced onions
- 1/2 cup chili sauce
- 1 teaspoon mustard
- 2 tablespoons mayonnaise
- 4 pita rounds

Heavy duty aluminum foil
Cut hot dogs into fourths, lengthwise, then slice into 1/4-inch cubes. Combine with olives, eggs, mustard, mayonnaise, chili sauce and cheese, mixing well.

Cut pita rounds in half. Open pocket and fill with approximately 1/4 cup filling (be generous). Wrap individually in aluminum foil and refrigerate.

When grill is hot, place foil-wrapped sandwiches on grill and heat for 10 minutes. Uncover and continue heating until bread is crisp and filling is hot, about 10 to 15 minutes more, depending on desired crispness. Yields 4 servings.



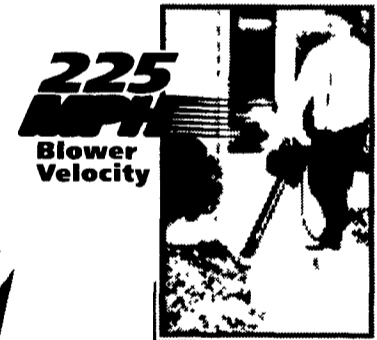
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