

# MAKE YOUR FOOD DOLLARS COUNT

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## Picnic Pointers

With Summer upon us, we all want to spend as much time as we can outdoors. Here are a few ideas to help you "keep cool" and "safe" during these lazy hazy days:

- \* Add a damp washcloth in a plastic bag to your picnic basket for easy clean-ups.
- \* Keep raw and cooked meats separate.
- \* Put tightly wrapped raw meats for grilling in the bottom of the cooler. Pack your cooler so the food to be eaten first is on top. This way you avoid unpacking and repacking the food outdoors. Use ice packs or blocks of ice because they last longer than ice cubes. Avoid dry ice because it causes freezer burn to food and bare skin. Margarine tubs filled with water and frozen make good "ice cubes."
- \* Keep sandwiches from becoming soggy by packing lettuce and condiments in separate containers. Add them to sandwiches just before serving.
- \* Avoid soggy tossed salads by packing salad dressings in separate containers with tight fitting lids. Place salad ingredients in big plastic bags or bowls. Toss just before eating.
- \* Fill ice cube trays with some of your picnic beverage, then freeze. Just before leaving home, add these to your beverage jug instead of ice cubes. Or, purchase drinks in individual cartons and freeze them. Packed in a cooler, they'll keep other foods cold and will be thawed by picnic time.
- \* Urge everyone to bring along a hearty appetite to eliminate leftovers. Don't carry home leftovers-discard them. Any food that has been exposed to sunshine or warm temperatures for more than 2 hours can be harmful, even though it may still look appetizing.

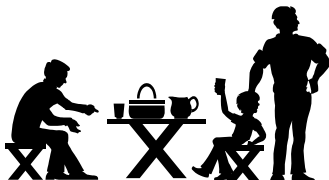


## Classic Potato or Macaroni Salad

- 1 cup mayonnaise (or salad dressing)
- 4 cups cooked cubed potatoes (5-6 medium) OR ½ lb any kind of small macaroni, cooked according to package
- 1 cup chopped celery
- 1 chopped onion
- 2 chopped hard cooked eggs
- Optional ingredients-add any of the following:
- ¼ cup shredded carrot
- ¼ cup chopped sweet pickle or relish
- 2 teaspoons prepared mustard
- 2 teaspoons vinegar

Mix all ingredients. Keep refrigerated until served.

Macaroni salad with Tuna: add 1-6oz. can tuna in water, drained and flaked.



## Vegetable Grilling Guide

**Summer squash or zucchini:** Cut small squash in half lengthwise. Brush very lightly with oil. Grill directly over medium coals, turning occasionally until tender 8-12 minutes. Most vegetables can be cooked this way.

**Potatoes:** Wash potatoes, wrap in foil. Place at edge of grill, turning frequently until tender.

## Lemon-Basil Marinade

- ¼ cup fresh lemon juice
- ¼ cup water
- 1 teaspoon dried basil leaves (OR Italian seasoning)
- 1 teaspoon vegetable oil
- ½ teaspoon grated lemon peel
- ¼ teaspoon black pepper

Combine all ingredients and use to tenderize and flavor beef steaks and roasts such as round, flank, and chuck.



## Roasted Corn on the Cob



- ⅓ cup vegetable oil
  - ½ teaspoon dried rosemary, crushed
  - ½ teaspoon dried marjoram, crushed
  - 6 ears corn
- Combine herbs and oil. Keep mixture at room temperature for 1 hour to blend flavors. Turn back husks of corn; remove silks with a stiff brush. Place each ear on a piece of heavy duty-foil. Brush corn with oil mixture. Lay husks back in position. Wrap corn securely. Roast ears directly over hot coals; turn frequently until corn is tender, 12-15 minutes.

## Easy Barbecue Sauce

- 1-14 ounce bottle hot-style catsup
- 3 tablespoons vinegar
- 2 teaspoons celery seed OR 1 small chopped onion
- 1 clove garlic, crushed

Combine catsup, vinegar, celery seed, and garlic. Refrigerate, covered, for several hours. Remove garlic. Use to baste hamburgers or beef during last 10 minutes of barbecuing.

## Food Safety Barbecue Safety

- Keep meat on the grill for several minutes after the last baste to be sure the sauce is well cooked.
- Transfer meat to a clean plate and use clean utensils, too. Do not use the plate and utensils that you used to carry the raw meat to the grill.
- Refrigerate sauces, meats, and foods as soon as possible after the meal. Use a cooler with plenty of ice and store in a shady spot if you are away from home. If you can't refrigerate or properly cool leftovers, throw them out.



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## Household Helpers

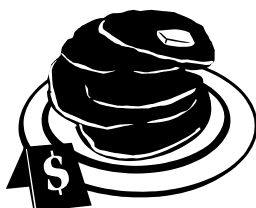


Clean a plastic half-gallon milk jug when empty. Cut bottom off and tape the small open area that you pour out of. The next time you clean your gutters, use this to put debris in as you move along. It's the perfect size to fit inside your gutter as a scoop.

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## Stretching Your Food \$\$\$

The next time you make pancakes or French toast, try adding a creamer to the batter such as French Vanilla or Irish Cream. It adds an extra hint of flavor that gives variety to your meal.



## Kid's Corner

### Baggie Mix

½ cup cold cereal, such as oat circles, wheat squares or small shredded biscuits  
½ cup peanut or soy nuts  
1 handful slim pretzel sticks  
½ cup raisins

Mix ingredients in a bowl. Fill a few small plastic bags with this mix.

### Fruits that Travel

Apples, bananas, tangerines, pears and dried fruits such as raisins and prunes are easy to carry. They cost less than many snacks and have vitamins and some minerals for growth.

### Raw Vegetable Snacks

Carrot sticks, celery sticks, cabbage wedges, green pepper rings or sticks or radishes.

These raw vegetable snacks may be packed in small plastic bags for traveling or served at home with a dip made from cottage cheese or yogurt.

**Note:** Nuts, raisins, and raw vegetables may cause choking in children under age 3, so adjust recipes accordingly.



## Free Nutrition Education Programs



Nutrition Teaching Assistants are available to help limited income individuals and families throughout Herkimer County stretch their food dollars to feed themselves and their families better.

Lessons can take place in homes or worksites as well as community centers. Newsletters and other resources are also available by mail.

### Topics include:

- Budgeting and stretching food dollars.
- Basic nutrition and menu planning.
- Preparing low cost, easy recipes and menus.
- Preserving, storing and preparing food safely.

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