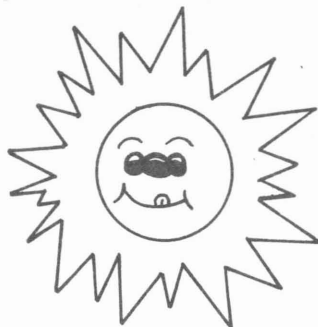


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PACK A SAFE PICNIC LUNCH

Mary K. Sweeten

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The Texas A&M University System

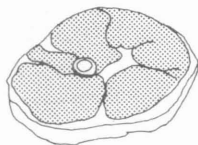
Dear Homemaker:

Lunch is often eaten away from home. Foodborne illness is most common among persons who eat lunches away from home — at school, work or on a picnic. It can be avoided with proper menu selection and storage.

Germs enjoy those foods high in protein and moisture — such as milk, milk products, eggs, meat, poultry, fish, shellfish, cream pies, custards and potato or other salads containing mayonnaise. Avoid packing these foods in your lunchbox unless you can keep hot foods hot and cold foods cold. You can prevent your family from becoming sick from eating unsafe food.

Sincerely,

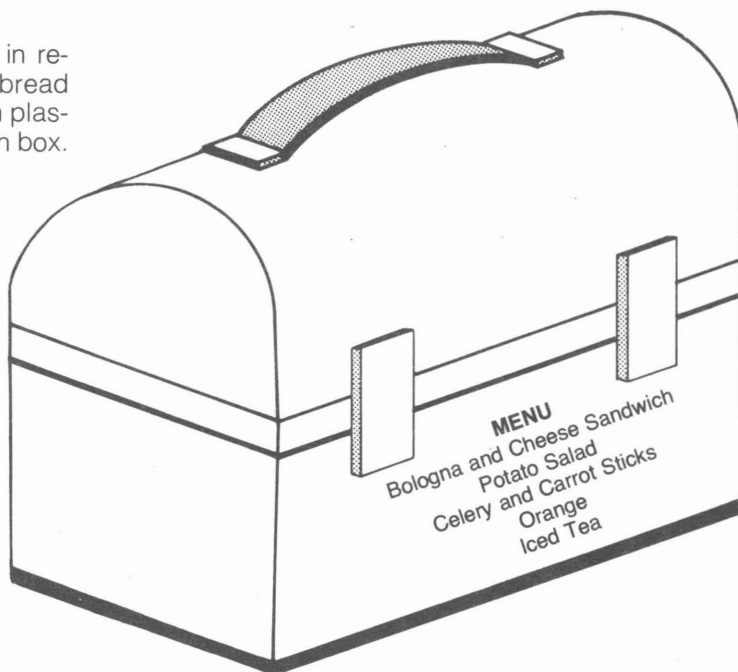
Name and Title



MAKE YOUR LUNCH AWAY

Packing Tips

- Do not use mayonnaise-based or meat salads that cannot be kept in the refrigerator.
- When possible, keep any meat sandwich in refrigerator until served. Or, you can freeze bread and cold cuts or filling. Wrap sandwiches in plastic film wrapper and place in insulated lunch box. They will stay just right.

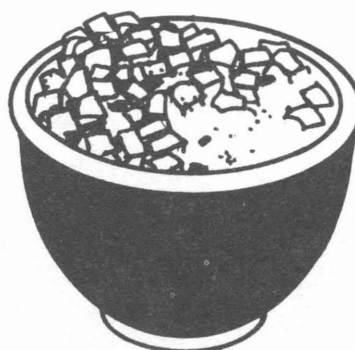


Try This Lunchtime Treat!

POTATO SALAD (No Mayonnaise)

4 medium-sized hot potatoes	¼ cup sugar
1 cup finely cut celery	1½ teaspoons salt
1 tablespoon chopped onion	¼ teaspoon pepper
⅓ cup vinegar	1 teaspoon dry mustard
¼ cup salad oil	1 teaspoon celery seed

Cut the potatoes into ½-inch cubes; add the vinegar, oil, sugar, seasonings and onion while the potatoes are hot to allow them to absorb the flavor. Chill for a few hours. Just before serving add the celery. NOTE: This potato salad recipe contains no mayonnaise, dressing, eggs or other high protein foods that attract germs. Pack potato salad in an airtight thermos bottle for a lunch box or in a covered container on ice for a picnic. Cold foods should be served cold.



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