

Good Nutrition

by

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Food For Groups

Are you working on a church supper, a block party or a fund-raising dinner? If so, be extra careful in handling the food — for foods in large quantities are much harder to protect from spoiling than are the smaller amounts you generally make for your family.

Carelessness in handling food may permit microorganisms to grow. Some microorganisms cause illness — illness which can be dangerous, especially to the very young or old. If the food is handled properly, however, illness-causing microorganisms never get a chance to multiply to the danger point.

To be safe, follow these simple food handling rules:

Scrub — Be sure you are clean, with freshly washed hands, clean clothes and apron. If you have a cut on your hands, wear clean rubber or plastic gloves. Thoroughly wash and rinse work surfaces; dry with paper towels or clean cloths. If you cut up raw meat, poultry or fish, promptly scrub and rinse boards, knives and dishes before reuse. In other words, cut meat, wash and rinse knife and board before cutting any other food.

Chill — When making a salad mixture (such as tuna, chicken, egg or ham salad), chill the main ingredient before preparing the salad, then without delay put the salad in the refrigerator. Salads will chill faster throughout in flat pans than in deep bowls. Because the real mayonnaise in salad mixtures contains vinegar, lemon juice and salt, it will help slow down the growth of food spoilage microorganisms.

Insulate — Transport well-chilled salad mixtures in insulated containers, and if the group meal is delayed, keep the food safely insulated until just before time to eat. If a refrigerator is available, chill salads until serving time. With large quantities of salad, it's better to put out only a portion of it at a time, keeping the remainder well chilled.

When In Doubt, Throw It Out — Spoilage is not always signaled by obvious changes in color, taste or odor. It is safer to discard leftover food that has stood out for hours in a warm place than to risk taking it home. If you have any suspicions whatsoever, discard the food. It's better to be safe than sorry!

For a selection of good salad recipes, available from the makers of Hellmann's/Best Foods real mayonnaise, write for the free leaflet, Salads Versatility Plus, Dept. SLVP-GN, Box 307, Coventry, CT 06238.



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