# Improper food storage can lead to illness

Did you know that home kitchens are the source of more food-related ilinesses than restaurants? Most peo-ple are careless in their own kitch-ens when it comes to food storage and food safety.

ens when it comes to 100d storage and food safety. How many times have you or your family said, "I don't feel good. It must have been something I atc." Improper storage of food not only in-creases the risk of food poisoning but also the loss of nutrients and good

Don't refrigerate tomatoes. They will lose their flavor. Let them ripen at room temperature. Keep potatoes in a cool, dry, dark, well-ventilated location, not the refrigerator. Once they start to sprout, throw them out. Don't store onions with potatoes. Chionis produce a gas that helps potatoes to rot faster. Store onions in a cool, dry. ventilated place.

cool, dry, ventilated place. In the refrigerator, bread will lose

#### cooking calendar

HEALTHY COOKIES

The creators of a line of healthy cookies come to Providence Hospital in Southfield at 730 p. well of the residual in Southfield at 730 p. well of the residual in Southfield at 730 p. well of the residual in Southfield at 730 p. well of the residual in Southfield at 730 p. well of the residual in Southfield i

## Pork chops are hearty if stuffed

Cold weather can make your family hungry for hot and hearty foods. You may want to try these fruit-stuffed pork chops for a weekend

meal.
You can gussy this up for a spec-You can gussy this up for a spec-tacular company entree, flaming the chops with orange liqueur. Remember that liqueur must be at least 70 proof in order to flame. Heat it until hot but not boiling before igniting with a long match.

STUFFED PORK CHOPS 3- STUFFED POIK CHOPS
3- cup prepared minecement
4- cup soft bread crumbs
1- small apple. fluely chopped
2 lablespoons chopped walauts
3- cup orange juice
5- pork Iolin chops, cut 114 inches
thick (about 4 pounds)
1 tablespoon cooking oil
14- cup orange liqueur (optional)

14 cup orange liqueur (optional)

For stuffing, in a medium mixing bowl combine mincement, bread crumbs, apple and nuts. Stir in 2 tablespons of the orange judie. Cut a pocket in each chop by cutting from the fast side almost to the bone. Spoon about 14-cup stuffing into each pocket. Fasten openings with wooden toothpicks, if necessary.

In a large skillet brown the chops, 3 at a time, in hot oil. Arrange chops in a 13-by-by-2-inch baking dish. Season with salt and pepper. Pour remaining orange jude over chops. Bake, covered, in a 350-degree oven about 1 hour or until tender. Transfer chops to a heat-proof platter.

If desired, beat orange [judeur in a small saucepan just until hot. Remove from heat. Using a long match, ignite liqueur and pour over chops.

ignite liqueur and pour over chops. Serve when flames subside. Makes 6

servings.
Nutrition information per serving:
310 cal., 24 g pro., 26 g carb., 12 g
fat, 71 mg chol., 174 mg sodium. U.S.
RDA: 20 percent vil. C, 87 percent
thiamine, 21 percent riboflavin, 32
percent niacin.



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PKG. #2 \$5495 18-20# AVG. TURKEY FULLY COOKED is. Dressing 2 Dozen Rolls
is. Gravy 2 Pumpkin Ples
is. Cranberry Sauce

ckup or Delivery Available Hot on THANKSGIVING ONTACT OUR TURKEY DEPT. AT 531-1340 Catering by Sayers 413 Five Mile • Redit



#### Lois Thieleke

home economist, Cooperative Extension Service

moisture and go stale faster. It's a better idea to keep the bread in the freezer and use as needed. This is particularly important for whole wheat bread made without preserva-

BANANA SKINS turn black in the refrigerator. They are still edible but may lose some of their flavor and texture. To keep vegetables green and fresh, line the bottom of the storage compartment in the refrigerator with paper towels. This absorbs excess moisture, keeping them fresh and erisp.

Storing food under the sink is potentially dangerous. Cleaning products are generally kept there, and these could leak or soak through the cardboard or bags. Leaking or sweating pipes can rust cans and damage boxes.

When refrigerating cottage

cheese, turn the container upside down onto a plate. This creates a better seal against air. Remember, soil cheeses are more perishable than hard ones. Cottage cheese should be used within two to three days after opening.

Nuts are best refrigerated or frozen for longer storage. Because they are high in fat, they can turn rancid. The same goes for peant butter, even though it's less spreadable when cold. Syrup and honey are better protected from mold in your refrigerator. If crystals form, simply frigerator. If crystals form, simply place containers in hot water before

COFFEE AND TEA should be kept tightly covered to stay fresh. They keep best refrigerated or fro-zen. Cabinets over the stove get hot. Most foods, including spices, pack-aged and canned foods, won't last

ed pois and pans. Butter and margarine should be

Butter and margarine should be crifigerated to prevent raneldity. Wrap them well If you are refri-gerating or freezing, as both pick up odors from other foods. The refrigerator door does not stay as cold as the rest of the refrig-erator so do not store highly perish-able foods there, such as milk or eggs. Use the door for storing condi-ments.

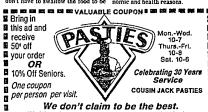
able foods incre, such as milk or eggs. Use the door for storing condiments.

Some dry, packaged foods and canned foods require refrigeration once they are opened; some even before they are opened. Get into the habit of checking labels for storage information.

nation to enecking tabels for storage information. The faster foods are cooled, the less time there is for bacteria to grow. Avoid putting hot leftowers into large containers. The center may be dangerously warm for too long. Instead, put into small contain-ers to cool faster.

FOODS SHOULD not be stacked and refrigerator shelves should nev-er be covered with foll or any mate-rial that keeps down air circulation. Food placement affects the air cir-culation and the efficiency of the re-

Irigerator.
Resist any temptation to taste food that doesn't seem right. You don't have to swallow the food to be



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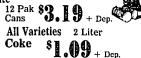




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Cranberry 599