

Econo-Eating: Inexpensive snacks for children

by Monine Strode-Stebbins

How many times a day do you eat or drink something? Most kids have something to eat or drink eight times a day. How often you eat isn't nearly as important as what you eat. Snacking isn't just milk and cookies after school. It's any food or beverage you or your kids grab when the "hungries" strike, or you get bored, or it's handy so it might as well be eaten.

The trick with snacking is to have things that are good for you ready to eat or to fix easily. And, with today's food prices, they need to be inexpensive, too.

On the items that are consumed whole, buy or fix the smaller sizes. For instance, buy small apples or bananas. Make cookies in a smaller size, too. Cut things up or set out a portion that is allowed for the day.

If you have the hungries for something specific — say, you're a chocolate lover, then look for ways to fix something low-cost that takes care of the craving, before it becomes an obsession.

Be aware of the way you eat snacks, too. Eat things slowly, taking a break, if possible, rather than grabbing as you run. If you're hurrying you're eating faster which means you probably eat more. It helps to choose something crunchy, so you can have the satisfaction of chewing a lot. Vegetables, fresh fruits, or popcorn last longer than some softer snacks.

A few years ago, when I was preparing for a program on "Nutrition and My Child," I asked some of my young homemaker friends about snacks their kids liked. One gal invited me out and her kids fixed me some really delightful snacks. Part

of the fun was the names that the snacks were called. "Cigars" were given to me with the advice, "Don't smoke 'em, eat 'em." This was a cabbage leaf that was spread with peanut butter and then rolled up. At first I was concerned that it might lead to smoking — but the young man cleared that up. He said, "Smoking isn't good for you but peanut butter and cabbage are." He certainly had his values down pat.

Another fun snack was "Ants on a log" — a strip of celery spread with peanut butter (the log) and a little row of raisins (the ants). "Dandy Candy" and "Tortilla Toppers" are other fun snacks with creative names. The recipes are included in the end of the column.

Some snacks are cheaper if you

make your own. Cookies or cupcakes baked at home are cheaper than when bought individually. Caramel corn is a real treat and can be made at home, too. Here's a simple, inexpensive (I figure it costs about 35 cents for a big batch) but tricky recipe. It's tricky only because you need to judge when it's cooked to a light golden brown. It continues to cook even after taking it off the heat, so can be burned easily. I burned my first batch so I put some special precautions in the recipe. It's not a recipe for kids to make because the sugar syrup gets very hot.

CARAMEL CORN

Pop 6 quarts of popcorn. Put into

a very large metal container that is lightly buttered. Don't use plastic, the syrup could melt it in spots. It's also very nice to eliminate the unpopped corn, so you don't break a tooth.

In a 2-quart saucepan, combine 1 cube margarine or butter (½ cup) and 2½ cups white sugar. Cool and stir over medium heat until melted and a light golden brown. This takes about 10 minutes.

The sugar and melted butter don't combine. When it's the right color, very light golden brown, add ½ teaspoon baking soda. Stir together and then pour over popcorn. (It's helpful to have the soda measured and ready. That's how I burned mine — looking for the measuring spoon!)

Stir the popcorn and syrup mixture. Stir and stir. It's helpful to use a long-handled spoon, because the mixture is very hot and you don't want to touch it as you stir.

With all these precautions you probably won't want to try it. It really tastes good, lacking only the peanuts, which you could add and the prize to resemble a favorite snack that costs more for one box than for the whole 6 quarts. One more precaution — it's a good idea to brush your teeth after eating a sticky, sugary snack.

TORTILLA TOPPERS

Flour tortillas
Hot pepper cheese

Place one tortilla on a frying pan (no grease) using medium heat. Top with thinly sliced cheese and another tortilla. Let cook until cheese starts to melt, then turn over. When cheese is completely melted, put on a cutting board and cut into wedges!

DANDY CANDY

¼ cup honey
¼ cup peanut butter
½ cup non-fat dry milk
½ cup crushed cereal flakes or sesame seeds. (optional)

Mix honey and peanut butter. Gradually add dry milk, mixing well. Form into balls with greased hands. Roll in crushed cereal flakes or sesame seeds if desired. Chill.

Jobs Bill

(Continued from Page 1, Column 3)

Northeast Portland will also benefit some from city-wide projects made possible by the jobs bill money. These include maintenance of fire hydrants; \$100,000 for the Senior Sidewalks program (for repair of broken sidewalks in front of senior's homes); and three programs funded at \$194,000 total under the direction of the Human Resources Bureau (Emergency Fuel and Food, Basic Needs, and City Work Experience).

The Summer Employment Training expenditure of \$442,098 is designed to provide 690 teenagers with sub-minimum (\$3.35 per hour) 20-hour jobs for only six weeks. Since the projects on which the teen-agers are to be employed are necessary, claims Davis, Summer Employment Training is "not a make-work project."

Freeway clean-up, fire hydrant and parts maintenance are among the jobs provided through the program. The Program will provide no significant job training. About 40 percent of the participants are black, 20 percent "other" minorities and 40 percent white. Forty-seven percent are said to be living in female-headed households.

No new city jobs will be created by Jobs Bill money used to fund on-going City programs. Rather, job duties for present employees will increase and a few workers will remain employed who otherwise might have been laid off.

Street construction work, however, will be performed by private contractors and is subject to both City and Federal Minority Business Enterprise (MBE) requirements. Although project contracts will be let out through open bidding the MBE requirements means that at least 9 percent of the \$2.2 million worth of work must be awarded to minority contractors.

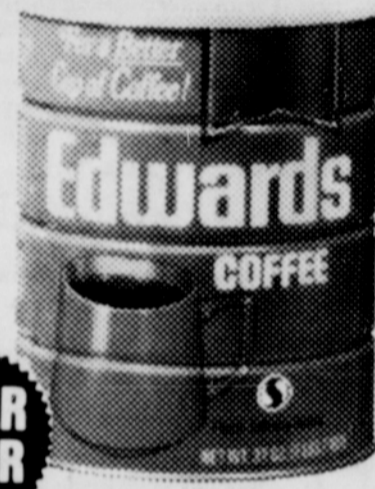
Some minority contractors and teenagers are thus among the direct beneficiaries of the City's use of Jobs Bill funds. Area residents may also eventually gain employment through "expanded opportunity" created by the bulk of the expenditures, yet there is no guarantee of this whatsoever. The Northeast area's quality of life may increase a little because of programs and projects such as the Peninsula Park Community Center receiving small amounts of the money. Most of the benefits (direct and indirect) from the Jobs Bill money, however, will be divided among land developers, real estate speculators, and the large white-owned corporations which the City hopes to locate near Columbia Boulevard.

Summer Brands Sale



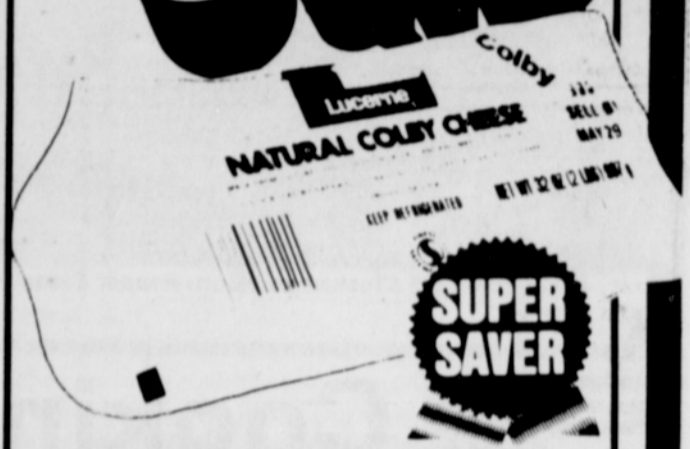
Ice Cream
Lucerne Ass't'd Flavors Half Gallon **3^F 0^R \$5**

Lemonade 6 Oz **6^F 0^R \$1**
Crackers Busy Baker 1-Pound **59¢**
Pies Mrs. Wright's Individual 4.5 Oz. **4^F 0^R \$1**



3-Pound Coffee
Edward's Assorted Grinds **\$4⁹⁸** 3-Lb. Can

Catsup Town House 32 Ounce **98¢**
Soft Drinks Cragmont 1 Liter. Plus Dep. **3^F 0^R \$1**
Bath Tissue Scotch Buy 6 Roll, 1 Ply **99¢**



Colby Cheese
Lucerne Natural 2-Lb. Loaf **\$3⁹⁸**

Bread Mrs. Wright's Super Soft **2^F 0^R \$1**
Yogurt Lucerne 8 Oz. **4^F 0^R \$1**
Orange Juice Bel air Half Gallon **\$1³⁹**



Roastrite Young Turkeys
Plump, Broad-Breasted, 10-22 Lb.

69¢ Lb.

ARMOUR Hot Dogs
Meat Or Beef 1-Lb. Pkg. **\$1²⁸**



Grape Scott!
Sweet Thompson Seedless Grapes

69¢ Lb.

Head Lettuce
Calif. Iceberg **49¢** Lb.

Honeydew Melons
Sweet Thick Meated **29¢** Lb.

Sweet Onions
Walla Walla Mild **5^F 0^R \$1** Lbs.

Boneless Top Round
Safeway Quality Beef **\$2²⁸** Lb.

Boneless Beef Roast
Safeway Quality Beef, Bottom Round, Rump Or Tip **\$1⁹⁸** Lb.

Pork Steak Blade Cut **\$1³⁸** Lb.
From Top Quality Fresh Pork

Any Suntan Oil Or Lotion
Limited To Stock On Hand! **25% Off**

10-Pack Good News
Gillette Disposable Razors **\$1⁹⁹**

EKCO Kitchen Gadgets
A Variety To Choose From For Yourself Or As A Gift! **2^F 0^R \$3**

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