

Light new ways to fend off snack attack

When the "munchies" strike, the diet and fitness-conscious set wants snacks that are nourishing, calorie-controlled and fast. That doesn't have to mean the same Spartan celery sticks or the lettuce wedge with a squeeze of lemon—both wholesome and sensible, but hardly satisfying snack fare.

Next time you're hit with a snack attack, be prepared with the new calorie-watcher's staple for adding lively, full flavor to all kinds of quickly prepared light foods—reduced calorie salad dressing. Made with the same quality ingredients and spice blends as regular salad dressing, but with less oil, the reduced calorie products can carry on the tradition of great flavor that has made salad dressings an American favorite.

When a warm and comforting snack is what you're after, Veggie Snack Spread can come to the rescue. Made in minutes with just 4 ingredients, it's a snap to prepare for spreading on cocktail-size breads to broil for a party or just for yourself.

Even quicker is Lemony Fruit Dip, a tangy blend of reduced calorie salad dressing and lemon yogurt to dress up whatever fruit is at hand. It's ideal as a light dessert for entertaining, too. Serve with fondue forks or long fancy picks for dipping a bright selection of the season's finest fruit.

LEMONY FRUIT DIP

1/2 cup reduced calorie salad dressing

Neighborfaire hosts canned food drive

The Interagency Food Bank and KGW Radio are co-sponsoring the first-ever canned food drive at this year's Neighborfair all day on Sunday, July 15th, in Tom McCall Waterfront Park. Neighborfair runs from 10 a.m. to 10 p.m. that Sunday.

People planning to attend Neighborfair this year are being asked to bring with them donations of canned food—especially canned meat and fish. According to Lew Church Special Projects Coordinator for the Food Bank.

"The need for emergency food has never been greater," Church said, "in our community. In 1981, 111,343 people asked for emergency food. In 1983, that figure more than tripled to 391,352 people who asked for emergency food. In the first quarter of 1984, the need was up approximately 20% over the first quarter of 1983.

Kaiser holds 25th BIRTH day party

On July 15th, Bess Kaiser Medical Center will hold a birthday party for 62,863 people—as well as celebrate its own 25th birthday. The 62,863 people are those born at Bess Kaiser since its opening in 1959. The multiple birthday party is scheduled for Sunday, July 15th, noon to 4 p.m., at Pioneer Courthouse square on 6th and Morrison in downtown Portland.

A Dixieland band will play all afternoon and ice cream sundaes will be served. Also, "Kaiser Kid" buttons and growth charts will be given to those born at Bess Kaiser.

Bess Kaiser Medical Center is one of two hospitals, eight medical office facilities and five dental facilities serving 270,000 members of the prepaid Health Plan and other people in the Portland/Vancouver/Salem areas. The Program recently announced its intentions of expanding to Longview, Washington in the fall.



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1/2 cup lemon flavored yogurt

Combine ingredients; mix well. Serve with fruit. 1 cup.

VEGGIE SNACK SPREAD

1 cup (4 oz.) natural monterey jack cheese
1/2 cup reduced calorie salad dressing
1/4 cup chopped radishes
1/4 cup green onion slices
16 party pumpnickel slices

Combine cheese, salad dressing, radishes and green onion, mix well. Spread on bread; broil until lightly browned and cheese is melted. 16 appetizers.



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