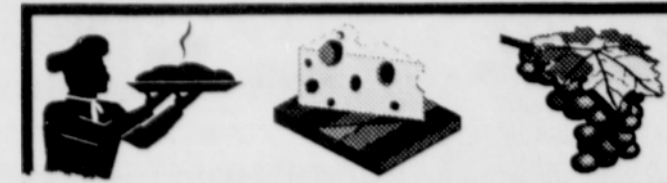


FOOD



MONEY SAVING COUPONS the Sunflower Group

Best Foods Sandwich Spread
Bring out the best.

© 1990 Best Foods, CPC International Inc.

SAVE 20¢ ON Best Foods® Sandwich Spread

CONSUMER: Limit one coupon per purchase and you must pay all applicable sales taxes. Void where prohibited. Based on other uses restricted. Cash value 1/100¢.

RETAILER: Best Foods will reimburse you the face value of this coupon plus 8¢ if submitted in full compliance with the Best Foods Redemption Policy. Send coupons for redemption to: Best Foods, Box 870025, El Paso, Texas 79887-0025.

KIENOW'S

FRESH FRYERS
OREGON GROWN
Whole Fryers Packed In Bags

SEPTEMBER IS NATIONAL CHICKEN MONTH

79¢
POUND

SPLIT FRYER BREASTS \$2.29 POUND
FRYER THIGHS \$1.69 POUND
FRYER DRUMSTICKS \$1.39 POUND

THE FRIENDLIEST STORES IN TOWN SINCE 1908

Specials Effective TUES. thru SUN. AUG. 28 thru SEPT. 2, 1990

Place your advertisement in the *Portland Observer*
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FREMONT PRODUCE AND MEAT
1325 N.E. FREMONT
NOW OPEN...SPECIALS EVERYDAY
10 a.m. - 7 p.m.

FRESH FISH	POULTRY
Salmon	Chicken breast
Catfish	Chicken wings
Buffalo fish	Ham hocks
Redshaper	Turkey necks
BULK ITEMS	PRODUCE
Rice	Potatoes
Navy beans	Onions
Pinto beans	Apples
Lima beans	Carrots
Green split peas	Grapes
AND OTHER ITEMS	Watermelon
	Mustard greens

America Re-discovers Whole Grain

The Surgeon General's Report on Nutrition and Health as well as other health organizations recommend that Americans increase their intake of complex carbohydrates. Whole-grain foods are excellent sources of this nutrient. They are often low in fat, including saturated fat. Whole-grain foods can be good sources of fiber, vitamins and minerals.

As an added benefit, substituting whole-grain foods for foods high in fat can help with weight loss. That's because a gram of carbohydrate provides less than half the calories of a gram of fat, Gunkler explains.

With all these benefits, it makes good sense to include whole-grain foods in meals and snacks. Here are some ways to add them to your diet:

- For breakfast, choose cereals that are clearly identified as being made with the whole grain, for example, Whole Wheat Total cereal.
- Have you considered cereal as a snack? A bowl of whole-grain cereal with skim milk and fruit can be a tasty bedtime or after-school treat.
- When choosing English muffins or bagels, look for those made with whole grain.
- Prepare lunch sandwiches with whole wheat, pumpernickel or rye bread.
- Use whole-grain pasta and rice in main dishes, salads, casseroles and soups.
- Make coating mixtures for chicken and fish with crushed whole-grain cereal.
- For parties, offer your guests whole-grain crackers along with the selection of meat and cheese toppings.

Check the ingredient list on foods as you shop and select those made with whole grains for a flavorful, healthy addition to your diet.

Ad Prices Effective 8/29 thru 9/4/90

See the Difference

Safeway is in your Neighborhood to Stay

Chicken Vegetable Pie Supreme

1 package (10 oz.) or 2 1/2 cups frozen mixed vegetables or frozen vegetable combination of your choice
1/2 cup frozen chopped onions
3 tablespoons butter or margarine
3 tablespoons flour
1 can (14 1/2 oz.) or 1 3/4 cups chicken broth
1/2 teaspoon marjoram or oregano, crushed
Dash of ground nutmeg
Dash of ground pepper
2 cups (about 3/4 lb.) cubed, cooked chicken
2 tablespoons dry sherry
Pastry for 2-crust (9-inch pie)
1 egg yolk
1 tablespoon water

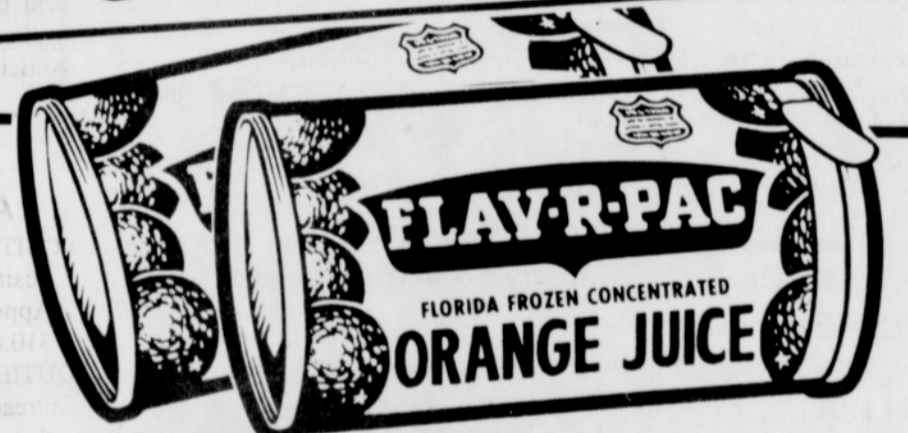
Saute vegetables and onions in butter about 3 minutes. Gradually stir in flour. Lower heat, cook and stir 1 minute. Add chicken and sherry and heat thoroughly. Spoon into 4 (1 1/2 cups) individual oven-safe baking dishes. Roll pie crust into 4 pieces 1-inch larger than the dish; place over chicken mixture. Crimp edges and cut vents in crusts. Beat egg yolk and water; brush over crust. Bake at 425°F. 20 minutes or until crust is browned. Cook 5 to 10 minutes before serving. Makes 4 servings.

Lead Cans Now Safe

Due to recent controversy that has hinted at high-risk traces of poisonous lead in present canning methods, a recent study conducted by the National Food Processors Association (NFPA), the nation's leading food industry scientific association, prompted the NFPA to recommend at a recent Senate subcommittee meeting that food manufacturers cease "production, packing and distribution of all foods in lead-soldered containers." Already, the number of lead-soldered cans produced in the United States has been reduced from 90 percent in 1979 to just 3.07 percent during the first quarter of 1990.

The reduction of lead-soldered cans is due largely to efforts undertaken by NFPA and container suppliers through the Can Manufacturers Institute (CMI). Joint efforts resulted in new methods for manufacturing metal cans with no side seams and welded instead of lead-soldered side seams, and other technological improvements. NFPA's current recommendation would apply to domestically-produced cans as well as those imported by NFPA members. NFPA and CMI are cooperating with the Food and Drug Administration in a new survey of food processors to learn more about how many of them use lead soldered cans and for which products. The report will be complete sometime this summer.

"There is no risk from lead levels in canned foods," says Dennis Heldman, executive vice president for scientific affairs for NFPA. "Not only has the food industry vastly reduced the number of lead-soldered cans over the years, but in most children--the group toxicologists are most concerned about--most lead intake is of non-dietary origin, mainly the inhalation of lead-bearing dust and dirt and average water consumption," Heldman said.



Flav-R-Pac Orange Juice

12-Ounce Frozen concentrate. Just add water and mix up a refreshing juice. Delicious & nutritious!

94¢ Ea.



Bumble Bee Chunk Light Tuna

Packed in Water or Oil, 6.5-Ounce Can. For great sandwiches, salads, appetizer snacks and more.

2 For \$1