

FOOD & NUTRITION

The Portland Observer

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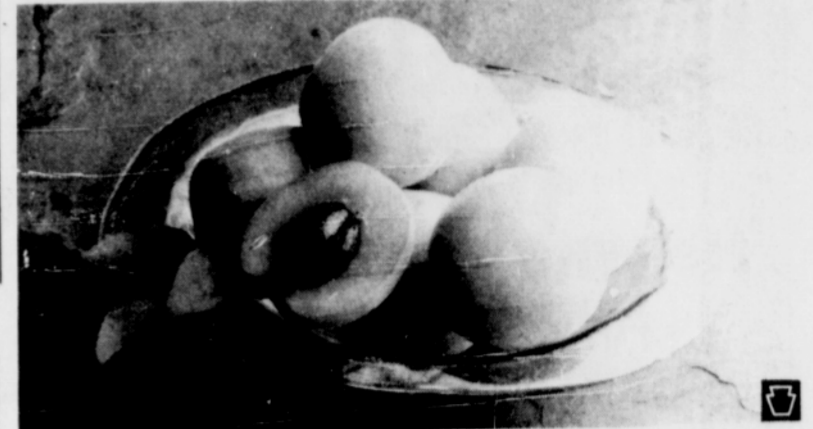
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Fresh California Apricots—Get Them While You Can



(DM)—California apricots have a shorter season than many other summer fruits. The harvest begins in late May and continues through the middle of July. Fresh California apricots are prized for their tender, sweet and fragrant flesh. Their versatility makes them easy to include in any meal.

Serve fresh apricots simply — sliced over cereal, pancakes and waffles for breakfast. Try them for lunch in salads or as a mid-afternoon snack. Grill California apricot halves to accompany meat, poultry or seafood for a flavorful pairing. And don't forget fresh apricot pie.

California apricots not only taste good, they're good for you. In addition to their sweet, tangy flavor and natural blushing appeal, fresh California apricots are a good source of vitamin A (beta carotene) and potassium, plus vitamin C, iron and dietary fiber.

Enjoy fresh apricots from California while you can. For recipes featuring California apricots, send a self-addressed, stamped, business size envelope to: California Apricot Advisory Board, Dept. UM, 1280 Boulevard Way, Walnut Creek, California 94595.

Centennial High School Captures Honorable Mention In National Nutrition Music Video Contest

The music video stars of tomorrow may be found in Gresham, Ore. Students from Centennial High School recently received an Honorable Mention in the Home Video Division of the Eighth Annual National High School Nutrition Music Video Contest (NTV), sponsored by the Florida Department of Citrus.

The NTV Contest challenges high school students across the country to write, direct, edit and star in original music videos that emphasize the nutritional value of vitamin C and fresh Florida orange juice. A total 234 entries were received from 39 states for this year's competition.

Twenty-five students in Janet Mouser's Drama class joined forces to

create their award winning music video entitled "Science Nerds." The video shows how a glass of Florida orange juice can transform a class of "nerds," and their teacher, into "cool" kids.

As Honorable Mention winners, Centennial High School will receive a \$150 cash prize. Five students with primary responsibility for creating the video also receive AM/FM stereo head-phone radios.

"Not only is it great to be entertained by this video, but to see teenagers working together as a team, for one common goal," remarked Linda Hawbaker, School Marketing Director for the Florida Department of Citrus. "These students are to be commended for a job well done."

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USDA Awards Grants To Help Start School Breakfast Programs

The U.S. Department of Agriculture has awarded \$5 million in federal grants to school districts in 34 states and the Virgin Islands to help start school breakfast programs in school year 1993-94.

Secretary of Agriculture Mike Espy said the new grants will enable more kids to eat a nutritious breakfast at school. The grants are the fifth in a five-year series of grants authorized by Congress in 1989.

"These grants have been very successful in helping bring schools and children into the School Breakfast Program," Espy said. "Participation has increased from 3.9 million children in 1989 to 5.3 million in 1993. That means almost one and a half million more kids are not hungry when they get to their classrooms and can concentrate on learning."

Nearly 55,000 schools now participate in the School Breakfast program nationwide, Espy said. More than 14,000 schools, a 36 percent increase, have been added to the program since grants began.

USDA's Food and Nutrition Service, which administers the School Breakfast Program, awarded the grants

to districts in Alabama, Alaska, Arizona, California, Colorado, Delaware, Florida, Georgia, Illinois, Indiana, Kansas, Maine, Massachusetts, Michigan, Minnesota, Missouri, Montana, Nebraska, Nevada, New Hampshire, New Mexico, New York, North Dakota, Ohio, Oregon, Pennsylvania, South Carolina, South Dakota, Tennessee, Vermont, Virginia, the Virgin Islands, Washington State, Wisconsin and Wyoming.

Espy said that although this is the last year for the currently authorized series of grants, legislation has been introduced in Congress to continue them. He said the grants are awarded on the basis of need, number of children who could be added to the program, and feasibility and cost effectiveness of the school districts' proposals.

Espy said the federal grants will supplement money being provided by the states to start the new breakfast programs. He said most of the grant money would be spent by the school districts for capital expenditures, but that some would also go for training of food service workers and to publicize the new programs.

Toni's Soul Food

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Good News For People With Hemophilia B

(DM)—Although approximately 20,000 people in the United States are living with hemophilia, one-third of them had no prior family history. The disease started spontaneously and unexpectedly.

Now, there is good news for people with hemophilia B. A highly purified blood clotting factor has recently received FDA approval. It's called Mononine™ and is the world's first therapy for hemophilia B created through monoclonal antibody purification technology, a process that produces a high level of purity in the blood clotting factor missing in patients with hemophilia B.



This effective treatment minimizes the risks associated with past treatments for hemophilia B—specifically the transmission of viral infections and the risk of undesirable and even dangerous clotting complications.

Forget the myth about the dangers of cutting a finger or scraping a knee. The main problem is internal bleeding, which can occur spontaneously or as a result of an injury. People with hemophilia may not even know it's happening, but that bleeding can ultimately cause arthritis, crippling or other medical problems that can last a lifetime.

Highly purified blood clotting factors, such as Mononine™ for hemophilia B and Monoclate-P® for hemophilia A, can help control the bleeding and promise a new way to provide better and healthier lives for people with hemophilia. For further information on hemophilia B and its treatments, contact the Coalition for Hemophilia B at 100 Maiden Lane, 21st Floor, New York, NY 10038.

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