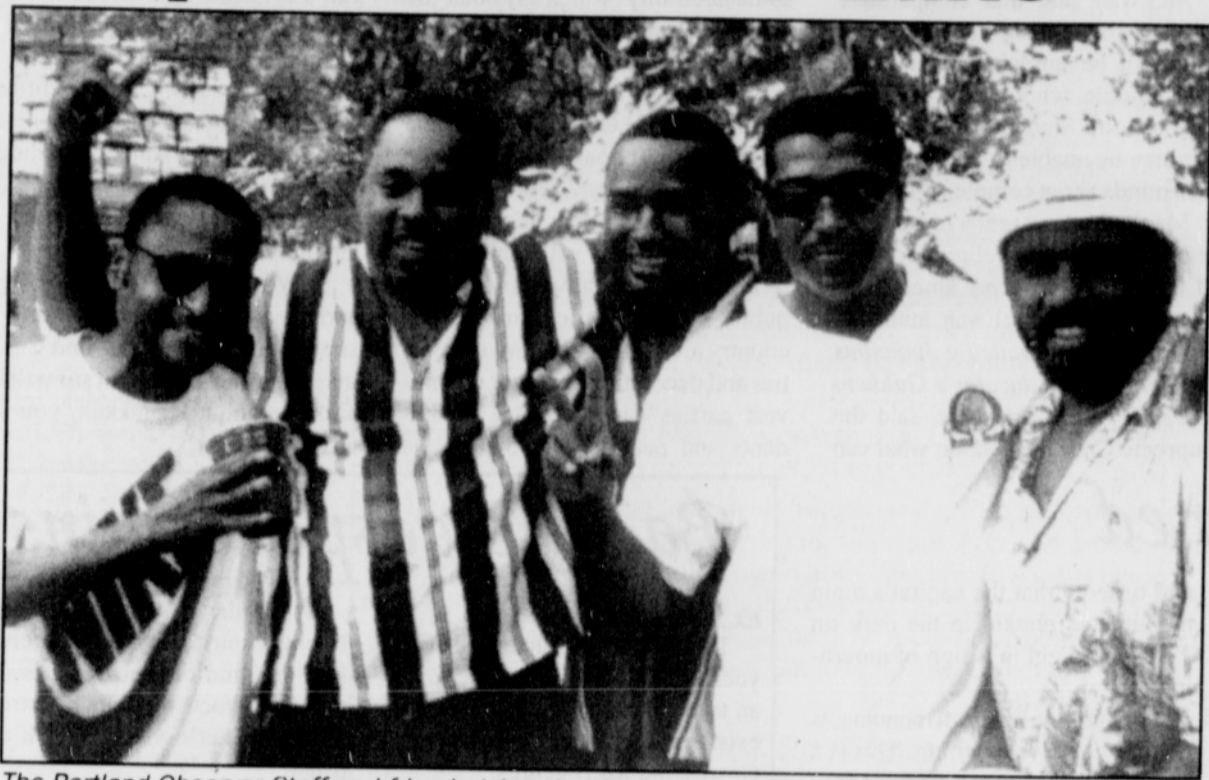


# Family Living

The Portland Observer

## Neighborhood friends picnic at Blue Lake



The Portland Observer Staff and friends (above) enjoyed the newspapers annual company picnic at Blue Lake Park. From Left: Carl Gibson, Mark Washington, Sean Martin, Kirt Green, and Arnold Petrie.



Susan Woolwine and her son Deanté Watts enjoy summer fun at this year's Portland Observer company picnic. This year's event was celebrated at Blue Lake Park. Photo by H. Washington

## Summer barbecue safety pointers

### To Use Your Grill Safely:

- Set up the grill on flat ground and away from anything overhead, such as branches, or house eaves.
- If using a gas grill, leave the lid open before lighting to prevent gas build up.
- Never leave a lit grill unattended.
- When not in use, remove the control knob so it can't be turned on accidentally.
- Never burn a charcoal or wood grill in an enclosed area, specifically indoors or in the garage.

Use a natural gas grill to eliminate the mess and long warm-up time of charcoal grills. Natural gas grills draw fuel directly from a home's natural gas line, eliminating the need to refill a tank or the risk of running out of fuel.

### To Save Energy When Using A Natural Gas Grill:

- Limit pre-heating time and thaw foods before grilling.
- Prepare slow-cooking foods on the grill to keep heat out of the kitchen and to save on air-conditioning.
- Cook with the grill cover closed to shorten cooking time and enhance the flavor.
- Keep the grill clean and properly maintained, following instructions in the owner's manual.

BY VINCE & YOLANDA, SPECIAL TO THE NNPA

It's time for those family picnics. Family cookouts are an excellent way to spend quality time with your family and friends. What's more relaxing than a great barbecued meal served up in the backyard or a park on a lazy Saturday afternoon?

You take your time and cook as everyone shares in stress-free small talk while sipping on ice tea and carefully soaking up a beautiful sun-filled afternoon. While this is a great way to spend quality time with loved ones, there are some things you should consider when planning your cookout.

Picnics can be unhealthy if you eat traditional barbecue meals. The good news is that with a few modifications they can be tasty, yet qualify as part of a healthy 90's diet.

Instead of having barbecued chicken smothered in barbecue sauce try cooking a few pieces without the

sauce. Take the skin and fat off before you cook it. You can add variety to your chicken by using small amounts of sauce heavily garnished with onions, scallions, leeks, green peppers and tomatoes. For lean burgers, try turkey burgers. If you're not ready to go all the way with plain turkey burgers, mix one part extra lean ground beef with one part turkey burger and grill. Each time you make these burgers, add a little more turkey burger and a little less beef. Seafood kabobs are a low-fat, high-protein dish and they are easy to prepare. Take your favorite cuts of boneless, skinless seafood and place on a skewer. Alternate shrimp, monkfish and haddock fillets with green pepper, yellow pepper, onions and tomatoes. Cook slowly and turn every 8-10 minutes.

Before you prepare your meats make sure you wash them thoroughly. Don't place raw meat near cooked

meats and don't use the same utensils to handle raw and cooked meat. Always clean up the area you use when handling raw meats and wash your hands thoroughly before preparing other foods.

While food cooked on the grill is delicious, you don't want to go overboard. Foods cooked on a grill release fat and moisture. These fall onto the coals where they evaporate into gas filled carcinogenic compounds which penetrate the food. This means that charcoal cooking should be an occasional way of preparing foods.

Make sure you keep hot foods hot and cold foods cold to avoid bacteria contamination.

Limit your intake of sugary drinks. Don't let the kids drink soft drinks all day long. Instead, make sure they drink water throughout the day.

Speaking of kids, now is a great time to talk about how to make phys-

ical activity part of your family picnics and holiday get-togethers. There are so many activities to choose from. Badminton, volleyball, hiking, sack races, are just a few activities you can have fun with.

If you're watching your weight, here are a few tips to keep you on the road to fitness. Workout the morning of picnic. Go for a bike ride, walk, jog or go to the gym. Next, eat several small meals before the picnic rather than wait until the afternoon to eat. The longer you put off eating the more you'll want to eat later in the day. Don't mix starchy foods like potatoes and bread with meats. Starchy foods and meats don't digest easily when you eat them together.

These changes and additions to help make your picnics healthy are not so drastic that you can't enjoy an old-fashioned picnic. They are ways to make that old fashioned get-together fit into a healthy 90's lifestyle.

# ★ SAFEWAY'S DOUBLE WHAMMY

LOOK FOR DOUBLE WHAMMY COUPONS IN THE AUGUST 14 SAFEWAY AD  
Prices Effective 8/14 through 8/20/96 at your nearby Safeway store.

**SAFEGWAY**  
FOOD & DRUG



## Boneless Beef Chuck Steak

- Valu Pack of 3 or more steaks
- Smaller packages, 1.18-lb
- SAVE UP TO 1.61 LB

**88¢**  
lb

## California Sweet Ripe Cantaloupe

- Whole melons
- FIRST 3, additional at regular price

**3 \$1**  
each for



## Boneless / Skinless Fryer Breasts

- Southern grown
- SAVE UP TO 1.10 LB

**2.29**  
lb

Look For Your Safeway Weekly Shopping Guide In Your Oregonian FOODday in the Portland Metro Area ... And Save More Shopping At Safeway!

Enjoy Extra Savings With The **SAFEGWAY EXTRA In-Store Savings Guide** Available at your Safeway store.