

Family Living



Salads: the star of the meal

Salads are an easy way to add lots of fruits and vegetables to comply with National Academy of Sciences recommendations of eating at least 5 servings of fruits and vegetables a day.

Fruits and vegetables are naturally low in fat, calories and sodium and have no cholesterol.

One serving is 1/2 cup of fruit or cooked vegetable, or 1 cup of leafy greens, or 1/4 cup of dried fruit. Many people eat salads but add items which reduce its healthy benefits.

Too much dressing defeats the purpose of an other wise low-fat salad. Most regular types of salad dressings with mayonnaise and oils add fat and should be used sparingly.

Croutons, olives, avocado, fried noodles, nuts, and crumbled bacon are sources of fat which should be limited.

A tablespoon of regular type salad dressing can triple a salad's calories, and may be 90% fat calories.

Adding healthier, low-fat salad ingredients and low-fat, reduced-calorie dressings can

enable you to fulfill your daily fruit and vegetable requirement and cut daily calories.

Use reduced calorie dressings as fruit juices, flavored vinegars, and herbs to create dressings that add flavor without adding fat or salt. For creamy dressings, add buttermilk or nonfat plain or flavored yogurt or nonfat or reduced-calorie mayonnaise.

Pre-cut fruits and vegetables that are available in the supermarket encourage you to use more variety in your salads.

Shredded broccoli or flowerets, spinach, scallions, green or red or yellow pepper, zucchini, cucumber, a variety of lettuces and cabbages, fresh pineapple chunks, beets, tomatoes, mushrooms, beans, cauliflower, shredded carrots, kiwi, orange, grapefruit, berries, melon chunks, and other pre-cut produce makes it so easy to create wonderful, colorful, healthy salads.

Give crunch and color to pasta, rice, or potato salads by adding some of these. Add left overs and the salad becomes a main meal.

First Book: Bringing the power of books to kids

First Book, a national nonprofit organization dedicated to providing new books to disadvantaged children, kicked off the creation of a new chapter in Multnomah County last Saturday at B. Dalton Booksellers at Lloyd Center. Fifty children from the Police Activities League (PAL) and Friends of the Children were on hand to select new books to take home and celebrate the establishment of the First Book chapter.

Endorsed by retired Senator Mark O. Hatfield, First Book was recently awarded a \$1 million grant from the U.S. Department of Education, Fund for the Improvement of Education, to establish an intensive regional model in Oregon and Washington focusing on the distribution of new books to disadvantaged children and families participating in existing tutoring, mentoring and literacy programs.

"Books can change lives - and there is a magic to giving a book to a child who doesn't have one," said Senator Hatfield. "I am delighted to be welcoming First Book to Oregon."

Over the next several weeks, the First Book Multnomah County Local Advisory Board will be soliciting applications from tutoring, mentoring and family literacy

projects for the distribution of books to the children in those programs. Information on applications is available by calling 794-1188.

"Establishing a First Book chapter in Multnomah County is an exciting and effective way to get books into the hands of children who might not otherwise get them," said Board Member Sue Hildick. "We are looking forward to working with existing literacy programs to provide books to the children and families they serve."

Founded in 1992, First Book recognizes the central role played in underdeveloped literacy skills in social problems, including poverty, hunger, unemployment, drug addiction, and crime. First Book brings the strength of a national program to the local level through its local chapter model and by leveraging its national partnerships in communities throughout the country. First Book national partners include: B. Dalton Bookseller, Barnes & Noble, Scholastic, Inc., The Corporation for Public Broadcasting, the Association of Library Services to Children, a division of the American Library Association, the Association of Junior Leagues International, Share Our Strength, Mondo Publishing and the National School Supply and Equipment Association.

Noah's Bagels sends kids to camp

Noah's Bagels is encouraging its customers to send kids to camp. Noah's three-month 'Kids to Camp' fundraising drive will send economically disadvantaged children to YMCA Camp Collins, a division of the YMCA of Columbia-Willamette. Customer donations will go directly to YMCA 'campership' funds, and will be accepted at all seven of its Portland locations through June 30, 1997.

Noah's, which recently opened a new store in Division Center, demonstrates its commitment to the Portland community by organizing programs such as 'Kids to Camp.'

"Noah's has always believed in giving back to the communities where we do business, and being an active and positive force in each neighborhood. We feel very strongly about offering programs like 'Kids to Camp' to make a difference in the lives of these children and their families" said Carrie Mortimer, Portland district manager.

For 71 years, YMCA of Columbia-Willamette has provided camping programs for youth, teens and families. Children can choose from activities including hiking, mountain biking, horseback riding, arts and crafts and rafting.

The YMCA's mission is to offer programs

that build a healthy spirit, mind and body for all through love, respect, honesty, responsibility and service.

To achieve this goal, the YMCA has set up programs such as 'Midnight Basketball' where 13-18 year old boys from Columbia Villa public housing build self-esteem and self discipline through late night games.

The YMCA also sponsors the 'Y-Pals' program, in which boys from father-less homes are matched with adults who can serve as positive role models.

Founded in 1989 in Berkeley, California, Noah's Bagels is the largest retail bagel bakery on the West.

Kite safety tips from Pacific Power

The end of the school year means that young people will be taking off for playgrounds, open fields, parks and just about any location where they can fly a kite, climb a tree or play ball.

Although Pacific Power doesn't have 'kite-eating trees' made famous by Charley Brown cartoons, the electric utility does have power poles, overhead wires and substations to consider when seeking the best places for outdoor fun.

Electrical facilities - overhead wires, poles, substations or ground-mounted transformers

- are not the place to play," Pacific Power manager Carl Talton says. "The danger is very real and could be deadly."

Talton offers the following tips for a safe summer:

Keep all kites away from overhead power lines. If a kite does become tangled in electrical wires, make NO attempt to remove it! Call Pacific Power.

Be certain there are no overhead wires near trees. If there are lines present, do not climb the tree for ANY reason.

Substations are fenced for the public's

protection. Climbing a substation fence just because it's there or to retrieve personal property, is an invitation to trouble.

Although ground-mounted transformers are safe while sealed, nothing should be poked into or around the metal containers.

Be careful of overhead power lines when raising antennas or irrigation pipe.

Move well clear of the danger before unspooling the material.

"remembering these simple safety rules should assure a safe and pleasant summer for everyone," says Talton.

Albina Rotary annual party

Albina Rotary is sponsoring its annual Spring Festival and Family Fun Day at Peninsula Park on May 31 from 1 PM to 4 PM. The Rotarians are planning a full afternoon of fun, food and entertainment for the whole family.

The festivities start with a picnic provided by Albina Rotary, then check out the face painting and bingo. Everybody loves a parade and what a parade is planned! Groups from local schools, churches and other organizations will provide the afternoon's entertainment.

The Rose Festival Queen and Princesses will acknowledge four individuals from the community for their service by planting roses in their honor in the historic rose garden. This is the only Rose Festival sanctioned event in Northeast Portland. Here's a chance to meet the Senior Court for 1997.

Please join Albina Rotary in Peninsula Park, at Portland Boulevard and Albina Street for a wonderful, family oriented afternoon to celebrate Spring.

Be a PAL

Volunteers needed

PAL Volunteers are needed to provide non-judgemental practical and emotional support to people living with HIV disease.

PALS help with the basic needs such as light housekeeping, transportation, and supportive companionship.

Each volunteer will receive training and ongoing support. PAL volunteers work an average of four hours per week and provide their own transportation.

Here's a chance to make a difference in the life of someone living with HIV.

PAL volunteer training begins May 31. Call Grace Taylor at Cascade AIDS Project 223-5907, ext 115.

MEMORIAL DAY SAVINGS

Fresh Oregon Grown Fryers

- Thrifty pack • First 3
- Washington Fryers sold in Washington Stores
- **SAVE up to 61¢ lb.**

58¢ lb.

EXPIRES 5/27/97 SAFEWAY COUPON
PLU 8820

24-Pack Coke

- 12-oz. cans
- Assorted Regular and Diet varieties
- Plus Deposit in Oregon
- First 1 with coupon

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Limit one per coupon. One coupon per customer. Coupon valid 5/21/97 thru 5/27/97 at your Oregon Safeway stores (except Milton-Freewater) and S.W. Washington Safeway stores serving Clark, Wahkiakum, Cowlitz, Skamania and Klickitat counties. COUPON CANNOT BE DOUBLED.

Sweet Ripe Cantaloupe

- Grown in California
- **SAVE up to 40¢ lb.**

28¢ lb.

NOBODY DOES IT BETTER FOR LESS.



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