

Food

School lunch a challenge



*Kasual
Katering*
by Geri &
Lori Keatner

Grand Marnier Apricot Stuffing

Ingredients

- 1 cup diced dried apricots
- 1½ cups Grand Marnier
- Turkey liver and heart
- 1 cup unsalted butter
- 2 cups coarsely chopped celery
- 1 large yellow onion, chopped
- 1 pound bulk pork sausage
- 1 pound herb stuffing mix
- 1 cup slivered almonds
- 2 cups canned chicken broth
- ½ tsp. dried thyme
- Salt and pepper

Method

1. Place the apricots and 1 cup Grand Marnier in a small saucepan. Heat to boiling. Remove from the heat and set aside. Simmer the turkey liver and heart in water to cover in a small saucepan for 5 minutes, set aside to cool.
2. Melt ½ cup of the butter in a large skillet over medium heat. Add the celery and onion and saute for ten minutes. Transfer to large mixing bowl.
3. Cook the pork sausage in the same skillet, crumbling with a fork until it is no longer pink. Remove from the heat and add to the celery mixture.
4. Add the stuffing mix, apricots with liquid and almonds. Finely dice the turkey liver and heart and add to the stuffing mixture. Stir to combine.
5. Heat the remaining ½ cup butter and the stock in a small saucepan just until the butter melts. Pour over the stuffing mixture and add the remaining ½ cup of Grand Marnier. Stir well to moisten the stuffing. Season with the thyme and salt and pepper to taste. Enough for a 21 to 24 pound turkey.

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Making the perfect lunch for elementary school children is a challenge, but knowing your child's favorite foods and the best food suited for that frantic schooltime lunch period improve the chance of your child eating it.

In preparing a nutritious lunch, parents should pack something from each food group. A peanut butter sandwich offers protein and a starchy carbohydrate. Toss in some cheese, a fruit or raw vegetable, fruit juice and maybe a small treat and you've got a well-balanced lunch. Having the kids make their own lunch might also encourage them to eat it.

Most parents know what kids need for a healthy lunch, but what goes into an environmentally-friendly or "green" lunch might raise a few questions and some concerns.

Environmentalists recommend the use of a reusable cloth bag or lunch box, plastic containers with tight-fitting lids for the food and plastic bottles for drinks. The only problem is kids tend to forget or lose things between school and home. It's not uncommon for little Jason or Jennifer to show up at home without their sweater or with only one shoe. Adding a whole arsenal of lunch containers is inviting disappointment.

The environment is a concern of everyone, but there might be some practical solutions using recyclable products that offer other advantages too. The recyclable juice box is an example.

The liquid-tight juice box or aseptic package readily

preserves the nutrients in milk or juice through a protective, impenetrable barrier. The box contents can also be frozen then packed with the lunch in the morning and by noon it's ready to drink. In the meantime, it keeps the lunch cool and fresh. This is particularly important where refrigeration for packed lunch is usually unavailable.

Tetra-Pak Inc. of Aurora, Ontario, is the leading maker of juice boxes in Canada. The company has worked together with another Canadian company in recycling used juice boxes into a durable lumber-type material that is ideal for making fence posts, park benches and a whole list of other useful items, now mostly made from wood.

The first juice box recycling program began earlier this year in Markham, Ontario and in Oc-

tober, Lindsay, Ontario, started its own program. Tetra-Pak is working to have similar programs adopted in other municipalities across Canada.

Karen Armstrong, Tetra-Pak's recycling co-ordinator, is encouraging schools in the Toronto area to introduce juice box recycling programs. With more and more children eating lunch at school while both parents work, the convenience and hygienic safety of juice boxes make them a reliable choice.

"We have 22 schools now with a pilot recycling program," Armstrong said. "And we hope to expand that to all 152 schools in the Toronto area."

If anyone would like further information about starting a recycling program in their school, call Ms. Karen Armstrong at 416-841-2620.

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Trick-or-treaters will be seen

TORONTO - Increasing the visibility of young trick-or-treaters on the prowl during Halloween night is the aim behind a new Halloween promotion at Becker's Milk stores across Ontario.

The four-litre treat pails, each containing Becker's ice cream, feature handles and are the perfect size for little goblins. In keeping with this special, "spooky" occasion, amusing images of witches, ghosts, black cats and pumpkins adorn the sides. More important, six, highly-reflective stickers affixed to the pail make children more visible on Halloween night.

To produce safety stickers that offer the best illumination, the Becker Milk Company selected the same reflective sheeting used for police decals, bicycle reflectors and licence plate stickers. Instruction for proper use and Halloween safety reminders for parents accompany the decals.

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