

TRAVEL, PICNIC & KITCHEN FUN

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This month we have both edible and NON-edible ideas to make your summer more enjoyable. Look for the section on Hands-on Science Fun for ways to use things in your kitchen and laundry to have some non-edible fun. You'll also find tips for picnics and vacation time snacks.

Enjoy! Jan and Janet



FOOD FOR TRAVEL

If your family will be eating in the car this summer, you may want some rules about "appropriate" road snacks. Grease, juice, goo and crumbs are major culprits for mess. If you choose foods with one or more of these attributes, you may want to be prepared with wet wipes, paper towels, or bath towels. Following are some snacks that will travel fairly well:

- Bagels, Dry cereal, Rice cakes
- Raw vegetables & fruits--apples, grapes, small carrots,
- Pretzels, lowfat crackers, bread sticks, breads such as French and Italian
- Dried fruit, Nuts

Always pack individual water bottles for each traveler. Note that water is very effective at quenching thirst, doesn't stain, and isn't sticky.

When buying snacks for the road, use the USDA FOOD GUIDE PYRAMID and the NUTRITION FACTS FOOD LABEL as tools to help you assess the nutrient value. In general, individual servings of commercially prepared snacks will be more expensive. If you have time and the skill to make snacks or repackage family size packages, you have more control over the portion size and ingredients (salt, fat, sugar, and fiber).

PORTABLE HANDWASHING KIT - *handy to have for summer picnics and vacation time.*



- 1 gallon plastic milk jug--with lid
- 1 golf tee or large nail
- 1 bar of soap
- 1 discarded pair of panty hose
- String--about 18 inches

Tie one end of the string to the golf tee or nail and the other end to the handle of the milk jug. Put the bar of soap into the toe of one leg of the pantyhose. Tie the pantyhose to the handle of the milk jug. Using the nail or tee poke a hole in the side of the milk jug close to the bottom edge. Fill the jug with water and use the pantyhose to tie it to a tall object. When you need to wash your hands, unscrew the lid and remove the tee or nail from the hole. Replace the tee when finished.

FUN FOOD IDEAS FOR A PICNIC

DOUGHNUT BURGERS

An interesting way to make sure your burgers are done in the middle—don't have one!



To prepare doughnut burgers, shape 1 pound of ground meat into 3 or 4 patties approximately 1/2 inch thick and 4-4 1/2 inches in diameter. Form a 3/4 inch hole in the center of each patty. To make grilling easier, place patties into a grilling basket.

ICE CREAM IN A BAG

In a 1 quart freezer weight bag mix:

- 1/2 cup sugar
- 1 teaspoon vanilla
- 2 cups milk (skim, 1%, or 2%)

In a 1-gallon freezer weight bag, mix together:

- 5 cups ice
- 3/4 cup rock salt
- 1/4 cup water

Place 1 quart. bag inside 1-gallon bag. Agitate 10 minutes or until firm. Cut hole in bottom corner of quart bag and squeeze to serve.



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ORANGE SHAKIN' SHERBET Makes 7 ½ cup servings

In a 1 quart freezer bag or bowl mix:



- 1 cup Orange juice
- 2 cups Skim milk
- 2 Tablespoons Lemon juice
- 2/3 cup Sugar
- ½ teaspoon Orange rind (optional)
- Optional drops of food color: 2 red & 4 yellow

In a 1-gallon freezer weight bag, mix:

- 5 cups cubed ice
- ¾ cup rock salt
- ¼ cup water

Place 1-quart sherbet bag inside 1-gallon bag. Wrap in terry towel to protect hands from cold. Agitate 8-10 minutes. When firm, remove sherbet bag from rock salt mixture. Dry bag on towel. Use scissors to cut hole in a bottom corner of the bag. Squeeze mixture into serving cups.

FOR 2-PERSON ORANGE SHAKIN' SHERBET

Combine in a 1-pint freezer weight bag:

- ½ cup Orange juice
- 1 cup skim milk
- 1 Tablespoon lemon juice
- 1/3 cup sugar
- 1/4 teaspoon orange rind (optional)
- Optional drops of food color: 1 red & 2 yellow



LEMON OR LIME SHAKIN' SHERBET

Ingredient	Quart Bag	Pint Bag
Sugar	1 cup	½ cup
Bottled lemon or lime juice	¼ cup	2 Tbsp.
Skim milk	2 cups	1 cup
Drops Food Coloring	4 yellow or 4 green	2 yellow or 2 green

FOR SINGLE SERVE SHERBET:

Use any of the sherbet recipes listed here. Put up to ½ cup liquid mix into a snack-weight plastic bag. Place snack bag into ice/rock salt mixture. Should be firm in 5 minutes or less. Dry snack bag and wipe outside with a damp cloth to remove excess salt. Cut hole in corner and squeeze right into your mouth. Great Fun!!

HANDS ON SCIENCE FUN



(Using things in your kitchen and laundry room)

OUBLECK

- Mix in a plastic container: ½ cup cornstarch with ¼ cup water.
- Pick up a handful and squeeze it. Stop squeezing and see what happens.
- Try to roll some oobleck between your hands. Stop rolling and see what happens.
- Put a small toy on top. Does it sink or stay?

GLOOP

In a plastic bowl, mix: ¼ c. glue
¼ c. water.

In a different bowl, mix: ½ tsp. borax powder
(Located in the detergent aisle)
½ cup water.

Slowly pour the first mixture into the second. Scoop the gloop out of the water and knead it in your hands until it becomes dry enough to play with. Roll the gloop in a ball; will it bounce?

OIL PICTURES

What you will need:

- Cooking oil
- Powdered tempera paints
- Construction paper
- Rectangular cake pan with 1-2 inches of water
- Newspaper
- Paper cups
- Spoons



What to do:

1. Mix equal parts oil and tempera paint in cups with spoon until smooth (each picture will need only a teaspoon of paint). Mix as many colors in separate cups as you like.
2. Drop several drips of oil paint onto the surface of the water and gently swirl with the spoon.
3. Carefully lay a piece of paper on top of the water and paint. Let the paper float for several seconds; then carefully lift the paper off the water.
4. Place the picture on the newspaper to dry.

Did the oil and water mix together? Why not? Can you make a different design by swirling the paint a different way?

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