

What's Cookin' On Your Home Plate?

(NAPSA)—Hit a home run this summer by submitting your favorite safe summer recipe at www.homefoodsafety.org and enter to win great prizes. The American Dietetic Association (ADA) and ConAgra Foods are encouraging consumers to practice simple food safety tips this summer, when outdoor cooking and eating can pose food safety challenges.

The ADA/ConAgra Foods summer contest, "What's Cookin' on Your Home Plate?" launches May 24, 2001, and runs through July 5, 2001. To enter, contestants must incorporate at least one food safety tip, and, knowing that more is better, why not use all four?

- 1) Wash hands often
- 2) Keep raw meats and ready-to-eat foods separate
- 3) Cook to proper temperatures
- 4) Refrigerate promptly below 40 degrees Fahrenheit

In addition, each recipe must take 30 minutes or less to prepare and incorporate at least one ConAgra Foods product. A panel of 30 registered dietitians, grilling guru George Foreman and celebrity chef Graham Kerr will judge the recipes.

One grand-prize winner will receive a new GE Profile™ Arctica™ refrigerator. This state-of-the-art refrigerator has an exclusive food preservation system and unique timesaving features like ExpressThaw™, ExpressChill™ and QuickIce™. One second-prize winner will receive \$1,500 in groceries (gift certificate to local supermarket), and one third-place winner will receive a fully equipped picnic basket with food safety tools and portable television set to catch baseball games.

Consumers also may enter the contest by mailing a postcard with their recipe, name, address and phone number to: ADA/ConAgra



Foods Summer Contest, c/o PIMS, 645 N. Michigan Avenue, Suite 630, Chicago, IL 60611. Postcards must be postmarked by July 5. Visit the ADA/ConAgra Foods Web site, www.homefoodsafety.org, for more details and official contest rules (contest rules/details will be posted on the Web site on May 24, 2001). Mail-in entrants can receive a copy of the official rules by sending a self-addressed, stamped envelope to ADA/ConAgra Foods Summer Contest, Official Rules, at the above address.

Grand Slam Tips for Safe Summer Grilling

Before Americans fire up their grills this summer, ADA and ConAgra Foods remind consumers to cook foods to proper temperatures to help prevent foodborne illness. Every day during the contest, ADA/ConAgra Foods will award a George Foreman™ "CHAMP" with Bun Warmer grill and ConAgra Foods coupons for ConAgra Grocery Products (Chef Boyardee, Hunt's, Peter Pan, Orville Redenbacher's and many more), Banquet frozen products, Lightlife Foods vegetarian products, Cook's Spiral Sliced Ham and Hebrew National kosher products

to one lucky entrant. A meat thermometer will accompany each grill to remind winners to check the doneness of meat, poultry and seafood as they cook throughout the summer. When cooking outdoors, practice these simple tips to help avoid food poisoning:

- Always wash hands thoroughly, especially after switching tasks such as handling raw meats and then touching ready-to-eat foods. Place a pack of moist towelettes or a spray bottle of soap and water solution with paper towels next to the grill.

- Use color-coded plates: one for raw meats and another for cooked foods. Also, marinate meats in the refrigerator. If you plan to re-use a marinade, boil it for several minutes to help destroy harmful bacteria.

- Always check cooked meats with a meat/food thermometer. This way, meats won't be undercooked or overcooked. What's more, using a thermometer is the ONLY reliable way to ensure food is cooked to proper temperatures.

- Pack food in plenty of ice in a well-insulated cooler and, as an extra safety precaution, keep a refrigerator thermometer inside the cooler at all times. Transport the cooler in an air-conditioned car instead of in a hot trunk.

- Remember to watch the clock when serving food outdoors; nothing should sit unrefrigerated for more than an hour if it is 90 degrees Fahrenheit or hotter.

To help reduce foodborne illness, ADA and ConAgra Foods are partners in a national education initiative, Home Food Safety...It's in Your Hands™. For more simple home food safety tips, visit www.homefoodsafety.org, or call ADA's Consumer Nutrition Information Line at 800/366-1655.