



Alice Henneman, RD, Extension Educator

Each year, for the full week beginning the Monday after Easter, the U.S. egg industry observes *Egg Salad Week*. The week's purpose is the enjoyment of all the tasty recipes that can be prepared with cooked and colored eggs. The occasion is meant to be fun, but is underscored with a serious intent. Since, at this time of year, refrigerators across America are stocked with Easter eggs, which should be used within a week of hard-cooking, the observance is both timely and appropriate.

This recipe is courtesy of Mary Torell of the Nebraska Department of Agriculture Poultry & Egg Division. See below for more egg tips and trivia.

### Cool 'n' Crunchy Egg Salad (Serves 6)

**4 ounces cream cheese, softened (about 1/2 cup)**  
**2 tablespoons mayonnaise**  
**1 tablespoon sweet pickle relish**  
**4 hard-cooked eggs, chopped**  
**1/2 cup carrots, finely chopped**  
**2 tablespoons pimiento stuffed green olives, chopped**  
**Lettuce leaves and/or tomato slices, optional**

In a medium bowl, stir together first 3 ingredients of recipe. Stir in remaining ingredients until evenly coated with dressing. Cover and chill to blend flavors. Serve on lettuce leaves and garnish with tomato slices, if desired.

*Nutritional Analysis per serving of 1/6 recipe without optional ingredients: 242 calories; 9 gm protein; 21 gm fat; 4 gm carbohydrates; 319 mg sodium; 248 mg cholesterol.*

## Celebrating Easter

Mary Torell  
 Public Information Officer,  
 NE Department of Agriculture  
 Poultry & Egg Division

### Egg Handling and Safety Tips

There are some important safe handling methods to remember this time of year when you're decorating, cooking or hiding those eggs since eggs are handled a great deal more than usual around Easter. Remember to:

- Inspect the eggs before purchasing them, making sure they are not dirty or cracked. Dangerous bacteria may enter a cracked egg.
- Store eggs in their original cartons in the refrigerator.
- Wash your hands thoroughly with hot soapy water and rinse them before handling the eggs when cooking, cooling, dyeing and hiding them.
- Consider hiding places carefully if you're having an Easter egg hunt. Avoid areas where the eggs might come into contact with pets, wild animals, birds, reptiles, insects or lawn chemicals.
- Make sure you find all the eggs you've hidden and then refrigerate them within two hours. As long as eggs are NOT out of refrigeration over two hours, they will be safe to eat. Do not eat cracked eggs.
- Do not eat eggs that have

been out of refrigeration more than two hours. Use hard-cooked eggs within one week of cooking them.

- Discard colored eggs used as decorations (centerpieces, etc.) after they have served their decorative purpose, if they have been out of refrigeration for more than two hours.

### Egg Rolling

Many variations of egg rolling contests and games can be played. The egg rolling that takes place each year on Easter Monday on the lawn of the White House has become an American tradition, having been started by Dolly Madison in the early 1800s. The American Egg Board provides the specially decorated eggs for the occasion.

### Did You Know?

The Easter bunny isn't the first one to think of dyeing eggs! Ancient Chinese, Persians, Egyptians, Greeks and Romans all used decorated eggs in celebrating the arrival of Spring. The Chinese also brought scarlet eggs to the temple when introducing the newborns, and modern Chinese parents still present red eggs to their relatives and friends when children are born. Much nicer than cigars, don't you think?

*For more free egg recipes, egg decorating tips or information related to eggs and food safety, contact Mary Torell, public information officer, Nebraska Department of Agriculture, Poultry & Egg Division at [mtorell2@unl.edu](mailto:mtorell2@unl.edu) or call 472-0752.*

## Eating Well as We Age, Part 2

*Editor's Note: This is part 2 of a two part article. Part 1 ran in the February NEBLINE.*

### Problem: No Appetite

Older people who live alone sometimes feel lonely at mealtimes. Loneliness can make you lose your appetite. Or, you may not feel like making meals for just yourself.

Maybe your food has no flavor or tastes bad. This could be caused by medicines you are taking.

### What to do:

- Eat with family and friends.
- Take part in group meal programs, offered through senior citizen programs.
- Ask your doctor if your medicines could be causing appetite or taste problems. If so, ask about changing medicines.
- Increase the flavor of food by adding spices and herbs.

### Problem: Short on Money

Not having enough money to buy enough food can keep you from eating well.

### What to do:

Buy low-cost foods, like dried beans and peas, rice and pasta. Or buy foods that contain these items, like split pea soup and canned beans and rice.

- Use coupons for money-off on foods you like.
- Buy foods on sale. Also buy store-brand foods. They often cost less.
- Find out if your local church or synagogue offers free or low-cost meals.
- Take part in group meal programs offered through local senior citizen programs. Or, have meals brought to your home.
- Get food stamps. Call the food stamp office listed under your county government in the blue pages of the telephone book.

### Reading Food Labels

Look for words that *say something healthy about the food*. Examples are: "Low Fat," "Cholesterol Free," or "Good Source of Fiber."

Look for words that *tell about the food's relation to a disease*. A low-fat food may say: "While many factors affect

heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease."

The words may be on the front or side of the food package. FDA makes sure these words are true. Use label claims like these to choose foods that help make a good diet.

### Look for "Nutrition Facts"

Most food labels tell what kinds and amounts of vitamins, minerals, protein, fat and other nutrients are in a food. This information is called "Nutrition Facts." You can find it on the side or back of most food labels.

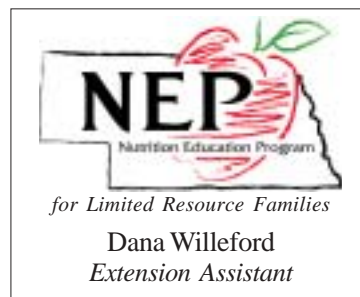
### Use "Nutrition Facts"

Look at the serving size.  
 1. Find the percent daily value. The numbers underneath tell how much of each nutrient listed is in one serving.

2. About 100 percent of each nutrient each day is usually healthful. If you're on a special diet, like a low-sodium or low-fat diet, use the percent numbers to pick low-sodium and low-fat foods.

*Source: Food and Drug Administration (FDA) at [www.fda.gov/opacom/lowlit/eatage.html](http://www.fda.gov/opacom/lowlit/eatage.html). (AH)*

## Making the Most of Mealtime with Tweens and Teens



Think back and remember a time that was special with your family. Do most of these times include something to do with food? As you can guess, food and family are an important part of our lives. Chances are however, if you're a parent of a tween or teen, you may have encountered some difficulties finding time to share meals with the family.

Research has shown family meals tend to decline throughout adolescence, especially

during the high school years. Reasons for not spending mealtime together include conflicting schedules among parents and teens, food dislikes, poor family relations and the desire for adolescents to be their own person.

Would it surprise you families who share meals together have healthier eating habits as well as other benefits? According to the Journal of the American Dietetic Association, families who share mealtimes more often have been associated with greater intakes of fruits and vegetables, less fast foods and greater nutrient intakes including calcium, iron and vitamins. Frequent family dinners may also reduce the risk a teen will smoke, drink or use illegal drugs. The majority of teens also said if they were able to eat more meals with

their family they would eat healthier.

Adolescents learn valuable lessons during mealtime, so how can we create a more positive atmosphere?

- Turn off the TV
- Turn off the phone ringer or let the answering machine pick up calls.
- Talk about positive things at the table.
- Offer choices from a variety of food groups.
- Involve everyone in meal planning. Kids are more likely to eat what they help plan or if they prepare the meals.

Keep family meals an honored event and establish positive eating in your child's younger years. Family meals have multiple benefits that will last a lifetime.

## How to Tell if Your Freezer Power Was Off

Alice Henneman  
 Extension Educator  
 & Joyce Jensen  
 Lincoln-Lancaster County  
 Health Department

A gentleman had been traveling during a time when the electricity was off for several days in many homes in his community. However, when he returned home, his electricity was working and everything in his freezer was frozen solid.

He proceeded to eat some food from the freezer and got sick. What happened?

In this case, his electricity



actually had been off for about a week, and then came back on. Everything in his freezer had thawed and been at unsafe temperatures for several days. As the food froze again when

the electricity returned, he was unaware there were any food safety problems.

Here's a simple way to help detect this problem. Store an ice cube or two in a sealed plastic bag or small container in the freezer; a sealed bag/container is important so the ice cube doesn't evaporate and disappear. If the ice cube has melted down from its original shape, you'll know the power was off for an extended period of time.

For information on handling your food during a power outage, go to [www.fsis.usda.gov/food\\_security\\_and\\_emergency\\_preparedness/keeping\\_food\\_safe\\_during\\_an\\_emergency/index.asp](http://www.fsis.usda.gov/food_security_and_emergency_preparedness/keeping_food_safe_during_an_emergency/index.asp)