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PICNICS & PARTIES

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PICNICS & PARTIES

A 4-H Club Foods Project

Dear 4-H'er:

So you signed up for the Picnics and Parties project! Many girls and boys who checked a survey a few years ago wanted a Picnics and Parties project, too. May you have a happy year with your friends in these activities.

You'll do well, too, if you eat well every day. Fruits and vegetables, milk, bread, and meat, poultry, fish, or eggs will help give you lots of pep. Then you can have fun at picnics and parties.

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Extension Food Specialist
Washington State University

Here's what you'll do in the Picnics and Parties project for 10 to 12 year olds:

At Home

1. Make each of these five different times:
 - Sandwiches.
 - Vegetable relishes.
 - Frozen desserts.
 - Frozen sandwiches.
 - Fruit and cheese plates.
2. Plan and make each of these two times:
 - Knapsack lunches.
 - Picnic for four.
 - Party for friends.
3. Clean up the kitchen ten or more times.
4. Practice good eating for a week or more.

5. Learn and practice each of these:

- Easy ways of doing dishes.
- Packing a picnic basket or box.
- Making food that looks good and tastes good.

At Club Meetings

1. Show other members three of these things:
 - How to work safely in the kitchen.
 - How to serve snacks.
 - The "Daily Four for Fitness" food groups.
 - How to be a good host or hostess.
 - How to be a guest.
 - How to prepare picnic or party foods.
 - How to make a certain food look good.
2. Judge these things:
 - Your own eating habits—*how* you eat and *what* you eat.
 - The food you fix—its flavor, its appearance.
 - How successful your picnics and parties were.
3. Exhibit foods you make.
4. Keep records of the things you do.
5. Learn to eat new foods.
6. Talk over with the leader and the other club members what you want to do and what you accomplish.

Before Dan and Ann made sandwiches, ice cream and other picnic and party foods, they learned about the "Daily Four for Fitness" food groups:

- Milk group—three or four cups of milk each day.
- Meat group—two servings of meat, poultry, fish, eggs, dry beans or peas.
- Bread-cereal group—four slices of bread or servings cereal.
- Vegetable-fruit group—four servings, including one dark green or deep yellow vegetable and one Vitamin C rich food like oranges, tomatoes, raw cabbage, or strawberries.

At this first meeting the club members also talked over plans and took time to brush up on kitchen and dishwashing know-how.

SANDWICH KNOW HOW

Here are some good rules to follow when you make sandwiches:

- Cream butter before trying to spread it.
- Fix the fillings ahead of time so you won't have to do everything at once. Be sure to keep these fillings in the refrigerator.
- Use day-old bread. It slices better than fresh bread and takes a spread more easily.
- Have moist, but not runny fillings—and plenty of them.
- Cut meat in thin slices—not more than $\frac{1}{8}$ inch thick. Trim off any fat or gristle.
- Make sandwiches by putting matching slices of bread on a board or other work surface. Spread the bread with a thin layer of butter. Put a generous amount of filling on every other slice of bread. Spread the filling evenly so it comes to the very edge of the bread. Use a broad spatula and make as few strokes as possible.
- Cut sandwiches neatly so they look attractive.
- Sandwiches are better prepared as near serving time as possible. If they must be kept for any length of time, wrap them in waxed paper or put them in plastic bags and keep them in the refrigerator.
- Wrap sandwiches by putting them on a piece of waxed paper about three times as long as the bread slices. Bring the ends of the paper together and fold over once. Then keep folding it over until the fold lies flat against the sandwich. Dog-ear the ends and fold them under the sandwich.

SOME SANDWICH FILLINGS

Nuts and Raisins or Other Dried Fruits: Grind together and moisten with fruit juice, mayonnaise or cooked salad dressing, or milk.

Cabbage, Carrots, and Peanuts: Combine equal amounts of finely chopped cabbage, grated carrots, and chopped peanuts. Moisten with mayonnaise or honey. Salt to taste.

Peanut Butter and Dried Fruit: Combine $\frac{1}{2}$ cup finely chopped or ground uncooked, soaked dried fruit, $\frac{1}{2}$ cup peanut butter, 2 teaspoons lemon juice, and 2 teaspoons fruit juice (if needed for moisture).

Finely Chopped Eggs: Season with mayonnaise and chopped pickles, chili sauce, or relish.

Ground Chicken, Ham, Beef, or Pork: Moisten with mayonnaise, relish, or catsup.

Cottage Cheese: Vary by adding chopped nuts, raisins or other dried fruits, ground raw carrots, chopped celery, pimiento, bits of crisp bacon, chopped pickles or onion. Season to taste.

Homemade Cheese Spread: Heat $\frac{3}{4}$ cup evaporated milk just to boiling, remove from heat. Add $\frac{1}{2}$ pound grated sharp cheddar cheese. Stir until the cheese melts. Add $\frac{1}{4}$ teaspoon salt. Chill.

JUDGING SANDWICHES

- Was the filling moist, not dry?
- Was there enough filling to make it good?
- Did the sandwich hold together?
- Was the filling spread evenly?
- Did it look and taste good?

SKILLET HAMBURGERS

6 servings

- 1 small onion
- 1/2 green pepper
- 2 tablespoons fat
- 1 pound hamburger
- 1 cup catsup
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 6 rolls

1. Chop the onion and the green pepper into small pieces.
2. Heat the fat in a heavy skillet. Add the chopped onion and pepper and cook slowly until shiny and tender.
3. Add the meat, stir and cook slowly until the pink color of the meat is gone—about 5 minutes.
4. Add the catsup, salt, and pepper. Stir and heat again until the mixture bubbles.
5. Spoon generous amounts on each buttered roll. Put a paper napkin under each burger to cut down on spilling.

HOT SANDWICHES

Here are four different hot sandwiches. Serve them immediately so they stay hot.

Ground Beef: Toast bread slightly, then butter it. Put a thin layer (about 1/4 inch thick) of seasoned ground beef on the toast. Spread it clear to the edges. Bake for about 10 minutes in an oven pre-heated to 375° F. This open-face sandwich can be topped with onion rings or pickle relish after baking.

Scrambled Egg: Cover slices of buttered toast with scrambled egg.

Hard-Cooked Eggs: Add chopped hard-cooked eggs to a medium white sauce or cheese sauce. Cover slices of buttered toast with the hot sauce.

Cheese: Put a thin slice of cheese between two pieces of bread. Toast on greased cooky sheet in 375° F. oven until cheese is soft and bread is toasted. These could be open-face sandwiches. Use a thin slice of cheese on each single slice of bread.

FLUFFY CHEESE TOAST

3 servings

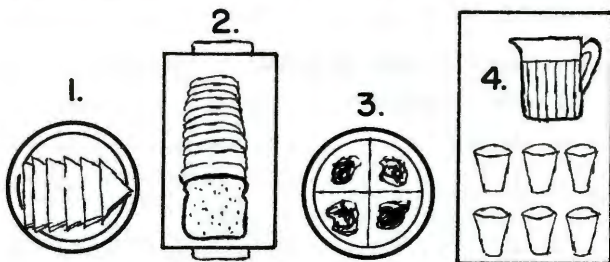
- 1 egg white
- 1/4 cup salad dressing or mayonnaise
- 1/2 teaspoon prepared mustard
- 1/8 teaspoon salt
- 3/4 cup grated cheddar cheese
- 6 slices toast

1. Beat egg white until stiff. Set aside.
2. Combine salad dressing, mustard, salt, and grated cheese.
3. Fold in egg white gently.
4. Spread about 2 tablespoons of the cheese mixture on each slice of toast.
5. Place toast, spread side up, on an ungreased cooky sheet.
6. Put under broiler about 3 inches from broiler heat. Toast for 5 minutes, or until mixture puffs and browns.
7. Serve immediately.

DO-IT-YOURSELF SANDWICHES

Lots of people enjoy making their own sandwiches. Have the makings prepared ahead of time. Put the mixed spreads in custard cups or small bowls. Slice meats or firm cheeses. Cream the butter so it will spread easily.

Have lettuce or other greens, pickles, celery sticks, and carrot curls crisp and cold in the refrigerator, but ready to go on the tray when it's time to serve. Get the bread ready, too, but leave it covered until the gang comes in for sandwiches.



1. *Pile of plates with napkins.*
2. *Tray of bread slices.*
3. *Tray of fillings and spreads.*
4. *Glasses and pitcher of milk or fruit juice.*

Arrange the makings on a table in a convenient and attractive manner. Have a spoon or spreader with each bowl of filling and plenty of paper napkins and paper plates for the club members.

FROZEN SANDWICHES

Use butter as a spread for frozen sandwiches. It doesn't soak into bread, but mayonnaise and salad dressing do. Jellies and jams are likely to soak into bread, too. Fillings made from chicken, egg yolk, beef, salmon, tuna, olives, pickles, cheese, or peanut butter will hold flavor for months. Ham will last a shorter time. Avoid using raw vegetables. They lose color and crispness. Cooked egg whites get rubbery. Wrap sandwiches in foil or polyethylene plastic.

Dan and Ann and the other club members spent several meetings on sandwiches. One time they made frozen sandwiches.

Another time they fixed many different spreads and fillings and then set up an assembly line so each person could make his own sandwich.

When the club made hot sandwiches, Dan chose hamburgers. He made the regular kind and added a slice of cheese and a slice of tomato.

The club members learned that sandwiches fit into two of the Daily Four food groups. Fillings made from meat, poultry, fish, eggs, or peanut butter all belong in the meat group. And, of course, the bread or rolls used for sandwiches take care of the bread-cereal group.

CHEESE AND FRUIT PLATES

Make individual plates of cottage cheese or grated cheddar cheese with fruit.

You'll need salad plates, a sharp knife, a spoon, and a cutting board plus the ingredients—canned or fresh fruit, cottage cheese or grated cheddar cheese, and lettuce, endive or romaine.

If you use canned fruit, drain it thoroughly. If you use fresh fruit, slice it, quarter it, or cut it in half. Apples, apricots, and grapes can have the peelings left on.

Place a piece of lettuce or other greens on the plate. Be sure it is fresh, crisp, and clean—and that it doesn't hang over the edge.

Add a peach or pear half and top it with a spoonful of cottage cheese or a generous sprinkle of grated cheese. If you use slices of fruit, or small fruits, put a scoop of cheese on the lettuce first and then arrange the fruit around the cheese.

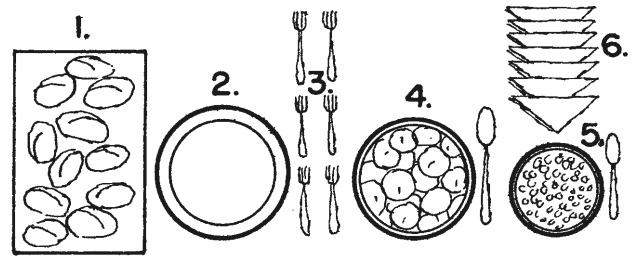
Fruit plates are good with toasted, buttered rolls or plain sandwiches.

JUDGING INDIVIDUAL PLATES

- Was the fruit drained and not runny on the plate?
- Was the cheese scooped into a mound, not flattened?
- Was the fruit arranged in an attractive, orderly way?
- Was the size of serving suitable for person? And for the plate?
- Were the foods fresh and colorful?
- Was the flavor combination pleasing?

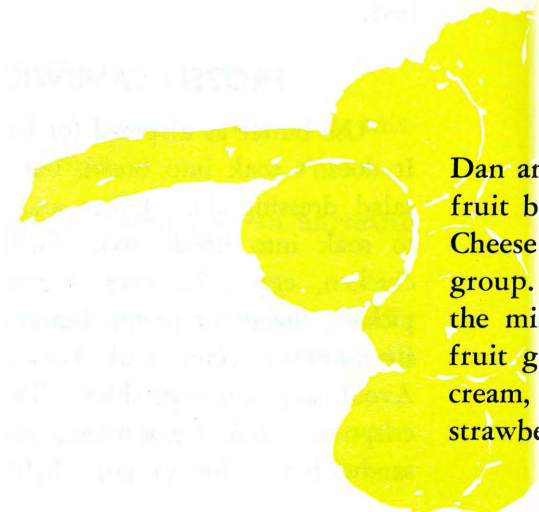
DO-IT-YOURSELF PLATES

Another good way to serve cheese and fruit is to set out big bowls of food and let guests make their own combinations.



1. *Tray of rolls or bread.*
2. *Pile of plates.*
3. *Forks.*
4. *Bowl or platter of drained fruit—with spoon or fork for serving.*
5. *Bowl of cottage cheese—with spoon for serving.*
6. *Pile of napkins.*

Serve toasted buttered half rolls or slices of buttered bread along with the cheese and fruit. Some guests may put the cheese on the bread. Others like it on the fruit. Some grownups will enjoy salad dressing on the fruit. They might also like hot coffee or tea with this fruit and cheese plate.



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QUICK PARTY TREATS

Chocolate Drink: Make up a package of chocolate pudding according to the directions on the box. Store, covered, in refrigerator. When it's party time, drop a big spoonful into a glass of milk and beat, or shake briskly in a covered jar.

Individual Sundaes: Make individual sundaes by putting ice cream in paper cups and topping with sirup. Cover with aluminum foil and freeze. These sundaes are just the thing for last-minute parties or for friends who drop in for a visit.

Ice Cream Sandwiches: Cut ice cream into squares and put between plain cookies or graham crackers. Wrap and freeze.

Easy Ice Cream Pie: Line a refrigerator tray with graham crackers or cookie crumbs. Freeze ice cream in tray. At serving time, cut diagonally into pie-shaped wedges.

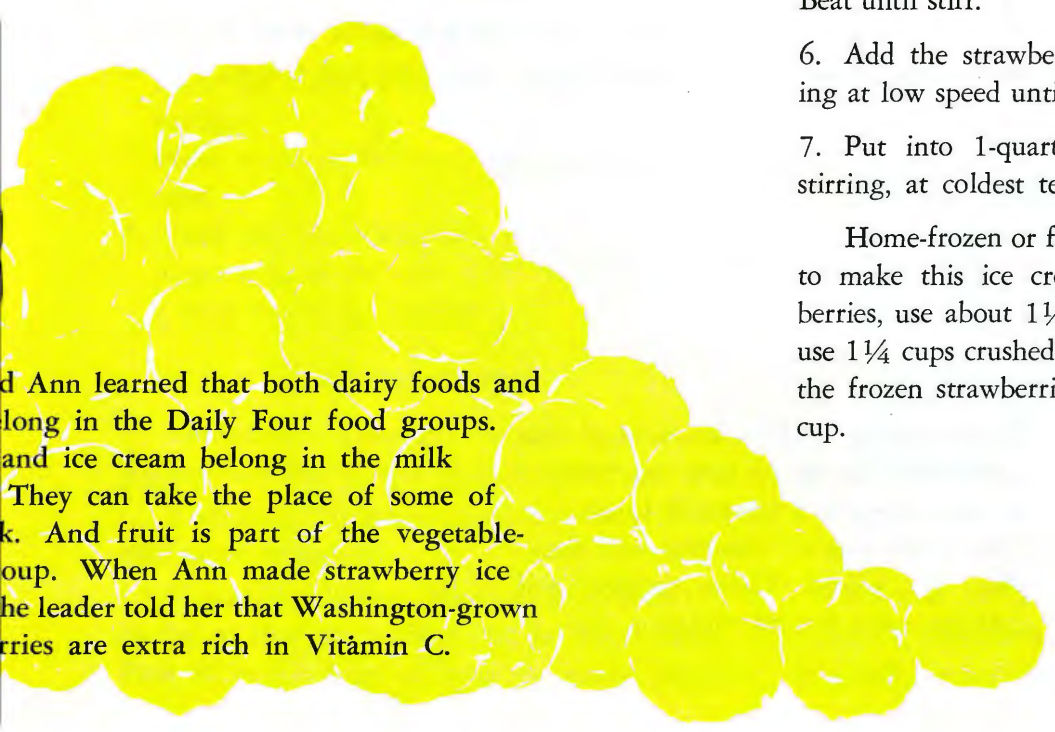
STRAWBERRY ICE CREAM

1 quart

- $\frac{2}{3}$ cup evaporated milk
- 1 10-ounce package frozen strawberries
- $\frac{1}{4}$ cup sugar
- $\frac{1}{8}$ teaspoon salt
- 1 teaspoon lemon juice

1. Take the strawberries out of the freezer so they will thaw. Let them thaw right in their own package.
2. Put the evaporated milk into a refrigerator ice tray. Chill until ice crystals begin to form around the edges.
3. Crush the strawberries, mix with sugar and salt.
4. Put the ice-cold milk into a cold quart bowl. Whip with chilled rotary beater by hand, or with electric beater at high speed. Whip until fluffy.
5. Add the lemon juice to the whipped milk. Beat until stiff.
6. Add the strawberry mixture gradually, beating at low speed until well blended.
7. Put into 1-quart ice tray. Freeze, without stirring, at coldest temperature until firm.

Home-frozen or fresh strawberries can be used to make this ice cream, too. For home-frozen berries, use about $1\frac{1}{2}$ cups of crushed fruit. Or, use $1\frac{1}{4}$ cups crushed fresh strawberries to replace the frozen strawberries; increase the sugar to $\frac{1}{2}$ cup.



Ann learned that both dairy foods and fruit are long in the Daily Four food groups. Strawberries and ice cream belong in the milk food group. They can take the place of some of the other foods. And fruit is part of the vegetable-food group. When Ann made strawberry ice cream, the leader told her that Washington-grown strawberries are extra rich in Vitamin C.

HIKER'S LUNCH

Here's a lunch that can go along on a hike or a bicycle trip:

- Sandwiches with beef and cheese for muscle building and energy.
- Tomato juice for good body condition and for thirst.
- Turnip circles for crisp and crunchy food.
- Fresh fruit for flavor and food value.
- Chocolate for sweets and a quick energy pickup.
- Napkins for neatness.

If you take a can of juice, be sure to include a can opener. Or you could carry a small thermos of milk. If there is good water where you are going, you could take dry milk solids instead.

MORE KNAPSACK LUNCHES

Lunch 1: Meat loaf sandwiches, milk in thermos, cabbage wedges and carrot sticks, oat-meal cookies, and an apple.

Lunch 2: Peanut butter sandwiches, pickle,

celery sticks, cocoa in thermos, hard-cooked egg in shell, date bars, and an orange.

Lunch 3: Nut and raisin filling sandwiches, 2-inch strip of cheddar cheese, apricot juice in can, dry milk solids to mix with water when it's eating time, chocolate brownies, and green grapes.

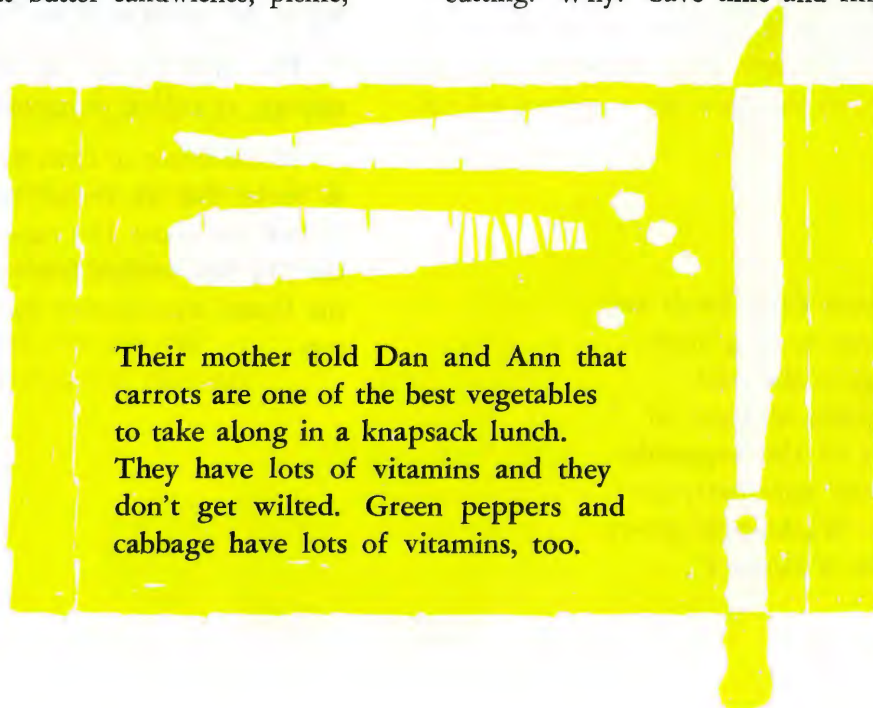
VEGETABLE RELISHES

Try a variety of raw vegetables as finger foods:

- Circles of turnips, green peppers, or onions.
- Wedges of cabbage, turnips, or rutabagas.
- Sticks of peppers, carrots, or celery.
- Flowerettes of cauliflower.

Here are some good rules to follow when you fix raw vegetables:

- Brush or scrape raw carrots rather than paring them. Why? You save food value and time.
- Avoid soaking vegetables in water. Why? Vegetables that are soaked lose some of their vitamins and flavor.
- Use the cutting board and a sharp knife for cutting. Why? Save time and fingers.



Their mother told Dan and Ann that carrots are one of the best vegetables to take along in a knapsack lunch. They have lots of vitamins and they don't get wilted. Green peppers and cabbage have lots of vitamins, too.

THINK AHEAD

Picnic food can be all fixed ahead of time before you leave the kitchen. Then when you get to the picnic spot, all you have to do is unpack and eat.

This means you need to plan food that will be easy to take with you. Think of space for storage if you go by car. Think of the way you plan to serve. Will there be a picnic table? When you picnic with friends your age you may prefer a grassy place under a tree rather than a picnic table.

Be sure you have plenty of food. Talk over plans with your mother. She knows the kinds and amounts of food the family likes.

If there are small children in the family, the food needs to be completely ready to eat. If all are old enough to make their own combinations you can set up an assembly line of food with help-yourself service. This is good if you have a large group at the picnic.

PLANNING

- Make the menu to suit the group and outdoor eating.
- Make a list of the food and equipment you need.
- Check the list before you leave. It's easy to forget some of the food in the refrigerator. Or a knife to cut the tomatoes.

PICNIC FOOD

Sandwiches: These can be already made, or you can take fillings and other makings with you.

Trimnings for Sandwiches: Pickles, relishes, chili sauce, catsup, etc.

Vegetable Relishes: Most raw vegetables can be cut so they are ready to eat as finger foods. Pack in plastic bags or wrap in waxed paper.

Tomatoes might be best left whole or cut at the picnic grounds.

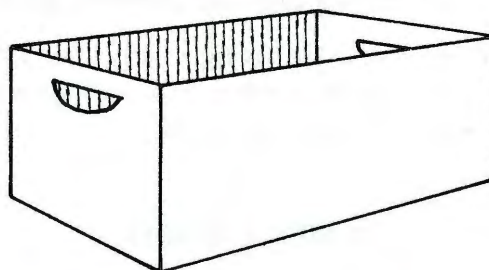
Juices, Milk, and Water: These need to be kept cold to be good. Take water if there is no supply at the picnic grounds. Grownups might like coffee in a thermos.

Desserts: Cookies and fresh fruit are easiest and best for packing and eating without extra tools. If it is a birthday picnic, then you'll take extra care with a cake.

EQUIPMENT

Your family may have an ice chest and special picnic dishes. If you don't you can still have a good picnic.

If you don't have a picnic basket, make one from a strong cardboard box. Cut openings on the ends to make it easy to carry.



Keep hot dishes hot or cold foods cold for a while by wrapping them in several layers of newspaper. Paper insulates the food.

Plastic sacks, foil, metal pans, baskets, and plastic containers are fine for picnic food. Glass jars are good for some foods, but they are heavy.

Reserve a special place in your home for picnic equipment.

CLEANUP

Whether the picnic is on your property or at a public place, cleanup is a must. Gather the trash in a sack for easy disposal.

GIVING A PARTY

As host or hostess you have many important things to do.

Planning for a party means more than just asking friends. It means talking over time and place, refreshments, and recreation with your family or your mother. Where will the party be held? How many will you ask? What time does the party begin and end? A party can be difficult if friends don't know how long to stay. When will cleanup be done?

Preparing for the party means asking friends, arranging the room or space, getting games ready, preparing refreshments, and dressing for the occasion. It's fun, but it takes time.

Hospitality means enjoying guests, visiting or playing games with them, serving them refreshments, and helping each one enjoy the party.

Cleanup is part of giving a party, too. Do the dishes, clean up the kitchen, and don't forget the room where the party was held.

BEING A GUEST

What's your score as a guest at a friend's house? Do you—

- Dress for the occasion?
- Whatever the type of party, comb your hair and wear a pleasant expression on your face?
- Arrive at the time suggested?

- Greet your host or hostess and his or her mother when you arrive?
- Take part in the games and food?
- Help your hostess if it is the kind of party where she wants help?
- Watch your "please" and "thank you"?
- Avoid stuffing yourself with food?
- Know how to hold your fork or spoon when eating?
- Wait to get second helpings until asked?
- Know when it's time to go home?
- Remember "thank you" before you go home?

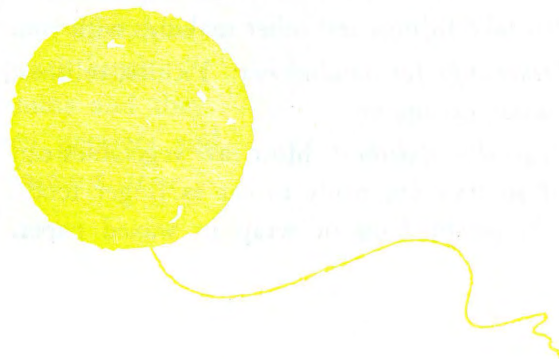
PLANNING THE CLUB'S PARTY

Do you want to ask your mothers? A boy's club might like to ask fathers to a picnic and a softball game. It's up to you to decide. Here are a few suggestions for food—

Evening for Friends: Serve popcorn and apple cider.

Afternoon for Mothers: Serve cheese and fruit plates with plain small sandwiches and lemonade.

Supper for Fathers: Serve ham sandwiches, raw vegetable relishes, brownies, fresh fruit, and milk.



Two ways I improved my food habits for vigor and pep:

Two things I learned about safety and easier ways of doing things in the kitchen:

Two things I learned about being a good guest:

Two things I learned about being a good host or hostess:

Foods I judged:

What I demonstrated:

Foods I exhibited:

A picnic meal I prepared and served:

A party I planned, prepared, and served:

A knapsack lunch I planned and fixed:

Five vegetable relishes I fixed:

Five party snacks I fixed:

Five sandwiches I made: