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AGRICULTURAL EXTENSION SERVICE - UNIVERSITY OF MINNESOTA •

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consumer radio briefs

October 21, 1977

Buying Cheese

(1:20)

Minnesota Extension Nutritionist Mary Darling says use processed American cheese often. It has a mild flavor and is easy to use for cooking. It has no rind or waste.

Buy cheese in a chunk and grate or shred it yourself. If you buy the cheese grated or shredded you are paying for someone to do it for you. Buy cheese in a block and slice it yourself. Individually wrapped slices of cheese in a package will cost more. A cheese slicing knife makes the job easier, but it is not necessary.

Buy cheese in plain packages. The fancy, gift-wrapped packages are usually over priced. And, the foil-wrapped tiny packages often found in gift assortments dry out readily. Prepare your own cheese dips for family or home entertaining. Use your favorite basic cheese and then mix it with a tasty flavoring, such as sour cream or plain yogurt.

Cheese food packaged in pressurized cans is expensive. It is easy to bend the little spout and circle cheese on crackers or bread. But, you will be paying for the pressurized can and packaging.

Since there is a cheese for every taste, mood or occasion, keep some on hand for nibbling. And, cheese is suitable for any meal of the day. Have you tried grilled cheese sandwiches for breakfast?

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Home Ec Events

(0:12)

The College of Home Economics will host High School Visitors' Day at 9:40 a-m Friday (10-28) and Extension Homemakers' Day at 10 a-m Saturday (10-29) at the University's St. Paul Campus.

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