

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

DECEMBER

- 1 State Dues and Membership Forms due to NAFCE
- 2 10:00 AM MDAFCE Board Meeting, Anne Arundel County Extension Office
- 31 **Counties Annual reports due Vice President for Program; County's Presidents' Reports due to State President; Membership Appreciation Award due to Vice President for Program**

JANUARY

- All Month Complete and Mail All Annual Reports
- 6 10:00 AM MDAFCE Board Meeting, Anne Arundel County Extension Office
- 31 End of County 2013 Essay and Artwork Contest

FEBRUARY

- All Month Birthday Month – Collect & send pennies to State FCE Treasurer
- 1 “Look What’s Happening” deadline for items to Editor
- 1 Start county judging of Essay and Artwork Contest
- 3 10:00 AM MDAFCE Board Meeting, Anne Arundel County Extension Office
- 20 Send county winner of Essay and Artwork Contest to state VP of Program

MARCH

- All Month Women’s History Month
- 1 Heart of FCE & Spirit of FCL Award entries due State President
- 3 10:00 AM MDAFCE Board Meeting, Anne Arundel County Extension Office
- 8 International Women’s Day
- 31 Essay and Artwork Contest ends

Inside.....

From The President	2
From The Vice-President for Program	2
In and Around Maryland	2
ACWW News	4
CWC Report	5
Membership	6
Eraser Cleaning Blocks	6
The Universe	7
Ham and Split Pea Soup	8

Plan Now to Attend the Maryland FCE Annual Conference October 13-14, 2014!

See page 3 for more information.

CHARACTER COUNTS!sm Contest

Send your CHARACTER COUNTS!sm Contest winning entry to Libby Wade, MDFCE President by February 20, 2014.

MDFCE Web Site is www.mdafce.org

Send newsletters, calendars and information to Libby Wade at dunade@aol.com.

Newsletter Deadline: February 1

Send all articles, Bulletin Board items, address changes and trivia for the newsletter to:

Jean Purich, 15500 Gallaudet Ave, Silver Spring, MD 20905-4196 or email to jcpurich@cs.com.



FROM THE PRESIDENT



My two years as Maryland's FCE President is soon ending. It has been a magical, challenging, and enriching time for me. I appreciate your support and all that you do and have done for FCE.

I want to thank all who attended our Regional Meetings. Carroll County and Prince George's County did a wonderful job providing a magical time for everyone. There was good food, great fellowship, and excellent speakers. We even took care of a little business.

The Annual Maryland FCE Board Meeting was held November 5 at the Montgomery County Extension Office. Marilyn Simonds and Louise Ediger were reelected to their positions of Vice President for Public Policy and Treasurer respectively. Barbara Perry conducted the installation of all the officers and committee members for 2013. Libby Wade will be taking over as President in January and will do a fine job leading our group.

The 2013 FCE Directory and Standing Rules have been updated and given to your FCE County Presidents. Don't forget to check the MDAFCE website for the 2013 changes. Also, remember to get your county FCE Presidents' and Program reports in on time.

Finally, congratulations to all loyal MDAFCE members who have supported their club and have been willing to lend a hand to others. I hope everyone has a wonderful magical holiday season. Merry Christmas.

Martha C. Moser, President
mcatmoser@aol.com

301-371-6132

FROM THE VICE-PRESIDENT FOR PROGRAM

Our FCE year is coming to a close and we have just completed two very successful Regional Meetings. We hope you will utilize the programs we presented and the new Hearth Fire programs in your counties. We thank Carroll and Prince George's Counties for hostessing these affairs.

We also need to update the procedure for obtaining membership certificates from National FCE. To be eligible for the 50, 55, 60, 65 or 70 year member certificate, a person must be a current member, and have been a member in good standing for a total of 50, 55, 60, 65, or 70 years. To obtain the member certificate, a member must apply through his/her club/county by sending his/her name, address and year joined to the state president, who will then send a list to the National FCE headquarters 60 days before the certificate is needed. Therefore, we are requesting that you send us the names for 2013 certificates prior to January 31, 2013.

Hope you have a joyous Christmas and a Happy and Healthy New Year.

Evelyn M. Ziegler, Vice President for Program
ziegler@comcast.net 410-465-3587

TREASURER'S REPORT

Copies of the treasury report are available from Louise Ediger, Treasurer rlediger@yahoo.com or 301-898-9945.



Maryland FCE Annual Conference October 13-14, 2014

Hello Ladies and welcome to Carroll County.

At the conference in October, 2013, we decided to have a annual state meeting each and every year instead of regional meetings - so the next annual state meeting will be in Carroll County on October 13 & 14, 2014. It will be held at the Best Western which is located in Westminster, MD on Rt. 140.

Costs are yet to be determined but it looks like if you start the first week of December and save \$3 a week - by the time October 2014 comes around you will have enough saved to pay for the conference!! Sounds like a good idea to me!! Especially if you are on a limited budget!! So dust off those piggy banks and start putting your \$3.00 per week away and you will be ready to come to conference and have a great time in Carroll County.

I have asked for all the rooms to be on the 1st floor, so there will be no climbing stairs to get to your room. All the rooms have two double beds so it will be easy to share a room with someone and still have your own bed.

I look forward to sharing details with you in upcoming newsletters as we make plans for the 2014 conference.

Elizabeth Heagy, Treasurer, Carroll County
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IN AND AROUND MARYLAND

ANNE ARUNDEL COUNTY **old**

Harman's Homemakers Celebrates Fifty Years

Fifty years is a long time, but not to Anne Arundel County's Harman's members. Many of the women in the Harman's Club have been members for most of those fifty years. It is a unique club in a rather close-knit neighborhood. The "Homemakers" Club began at a time when most mothers did not have full time jobs outside the home. Many still hung their laundry outside on the line to dry, allowing a few minutes to talk over the fence to a neighbor doing the same thing. There were other opportunities for short visits during coffee after the kids went to school or when at the Post Office to pick up the mail before we finally got home delivery. These opportunities to get together also allowed for inviting new members to join so that many in the neighborhood became members.

Not only has Homemakers (now FCE) kept us in touch with one another, it has been a means to continue to learn through Extension programs. But beyond that, the group is constantly engaged in rewarding support activities either by our own handcrafting projects or by supplying food or other items to those in need.

However, there is always time for fun. In addition, being "50" was a "golden" reason to take a day to celebrate. We did just that by going to tour the historic Hampton Mansion, which is complete with most of the original family furniture and quite an interesting place to visit. No celebration is ever complete without food, so it was off the picturesque Friendly Farms restaurant and a delightful meal. It

was indeed a lovely day with even the weather cooperating.

Judy Ammenheuser
jammenheuser13@verizon.net 410-761-7437

CARROLL COUNTY

Our August 19 meeting was very informative. Craig Greaves, Carroll County Health Department Addictions Counselor, gave us insight into the effect of addiction on families and our community. He taught us how the brain develops at each stage of life. We learned of the lasting effects of addiction early in life before the brain is fully developed. We all enjoyed our picnic lunch.

Extension Educator Terri Serio brought us up to date on Food Safety at our October 21st meeting. Most surprising advice - don't have lemon in your water at a restaurant - some places don't wash the lemons!

On Dec. 9th we will have our Holliday Party. Donations to various charities will be collected. We will swear in new officers and look to the future.

Barbara Greaves, Vice President for Program
tinnyconnections@comcast.net 410-386-6435

FREDERICK COUNTY

Fall/Winter Activities Report

Frederick County FCE and Homemakers Clubs held their Fall Annual Meeting on September 10th at the 4H Center on Basford Road, with 10 clubs and 53 members present. The first part of the meeting was a Board of Directors meeting. Elaine Childs installed Linda Parker as President Elect. The interesting program - "Civil War Women at Home and in the Field" kept everyone's attention, and made us all glad we lived in a more modern time. Those attending shared a potluck meal, followed by a live auction of donated items. Proceeds from the Auction are used to support our future educational activities.

Even though the week was off to a rainy start, turnout at the Frederick County Fair the week of September 16th was great! Most clubs did craft demonstrations. Just to name a few, there were sessions on making a crocheted afghan, knotted

comforters, knitted and crocheted baby caps, antique button pins, Yo-Yo pins, as well as various bookmarks. The week was culminated by a children's book give-away on Friday, September 20th.

Frederick County FCE Homemakers will celebrate the Holidays by participating in Rose Hill Manor's Children's Christmas Festival on December 7th – "Christmas Around the World". Each club will have a table to demonstrate an "old-time" craft, a "hands-on" item to give to children, or a food demonstration. A small admission fee will be charged.

We have some interesting programs already in the works for next year: Common Market – Vitamins and Food Supplements; Scams that effect; Can, Freeze, or Dry, What's Best; Cake Mix Magic; and Behind the Scenes at Wegman's. We have also started planning next year's spring and fall meetings.

Donna Bowles
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MONTGOMERY COUNTY

Crafts and baked goods were sold and kids games were played at the October Harvest Festival held at the Agricultural History Farm Park. Money made supports two scholarships at Montgomery College.

In November, we learned about ACWW and India with pictures from Jean Purich's recent trip. We tasted traditional Indian food and viewed mementoes from the trip.

We will have a cookie exchange in December, play some games and make a Christmas craft or two. Afterwards we will go to lunch at the old County Buffet in Gaithersburg.

MCFCE continues to make blankets for sick children and to support the troops with cookies, letters, helmet liners, ditty bags and Christmas stockings.

PRINCE GEORGE'S COUNTY

Happy New Year, Merry Christmas, and Happy Thanksgiving. With the way the stores skip Halloween and Thanksgiving, my topsy-turvy order of celebrations shouldn't surprise anyone, it is past

pumpkin-time, with turkey day and Christmas soon to follow.

August was our turn to host the state board for their monthly meeting in Clinton, MD. Lunch was homemade and very tasty. September's meeting was short and sweet- labor day came so close to the meeting, that many were traveling, sick, or just tied up elsewhere. No matter how many attend a meeting, we always find a reason to gab and eat!

The state conference in September went really well according to the 5 ladies who went from prince George's county. It sounds like we can look forward to some interesting new programs this coming year. Sharon Adamoyurka put together the items that our members donated for the theme basket that was auctioned off at the conference. It was a baker's delight theme. Thank you to all who made the basket great.

October brought Marjory George back to us. She has been ill for 2 months and is starting to feel better. We missed her smile. This month has been a bountiful one for the local medical professions. Prayers are requested for Susan Colvin, Sharon Adamoyurka, Glenna Burgess (fell and broke two toes), Alicia Rausch (back to work after a fall), and for all those going through colds, flu, or allergies as the weather changes over. I vote that November and December be illness-free and very healthy for all of us. Is that too much to ask? ☺

We should be getting a report from Sue Van Slyke this month (November) about her experiences in Chennai, India, attending the ACWW triennial. We are still doing dolls and stockings- illness and logistics have slowed us down for a bit.

Christmas will be here soon. Marjory George will be the chairman for planning our party, to be held on December 03, 2013 at the extension office building in Clinton. It is usually at 10:30 am-2:00 pm. All are welcome to come. Too soon, 2013 will become 2014 and the process of sharing ideas, friendship, and edibles will begin again.

One thought enters my head at this time of celebration and communal sharing done over a common meal -if only congress and senate could sit down and break bread together, they might see that it is much more pleasant to share conversation and food with each other than to throw it at each other and bicker all the time. Then, things might get worked out, and all our digestions would run easier. Moreover, a good taste would remain in our mouths after such a meal. This is just a homemaker's

suggestion to aide the digestion and relieve the governmental constipation that seems to be binding up our nation. Amen and please, pass those mashed potatoes.

Debra Rausch, PCGFCE Treasurer
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301 498-8806

Bulletin Board

Speedy recovery and prayers for Prince George's County members Alicia Rausch, Susan Colvin, Sharon Adamoyurka and Glenna Burgess, who fell and broke two toes and to Louise Ediger, Frederick County who had surgery, Ann Fishell, Anne Arundel County who is have back trouble.

ACWW News 27th Triennial Conference Chennai, India

The meeting began with welcomes from Sister Vigi of the Daughters of Mary Immaculata, the host of the triennial, May Kidd, World President and Father Arul Raj. After an oil lamp which represented knowledge for all and peace was light, each member of the board was honored with a shawl.

Greetings were read from the Prime minister of India, the Queen of England, the Prime Minister of New Zealand and the Minister of women and Disability from South Africa.

Professor Sarawathi, President of the Union Civil Liberties and a nominee for the Nobel peace Prize gave the keynote speech on women's rights. She asked for all of us to work for the development of all underprivileged all over the world. Specifically, that women are be given the freedom to move in the social settings, education, and financial independence including employment and safety such as training against violence.

There were 30 members from the USA, 380 conference attendees and 100 observers in attendance.

Eighteen women were given scholarships to attend the pre-conference workshops on leadership and management.

After committee reports, presentation of the financial report and budget, the nominees for office were presented. Our own Jo Ellen Almond was nominated for World President along with Anphia Grobler, the current Deputy President and Ruth Shanks from Australia. No one received a majority vote on the first ballot so a second vote between Jo Ellen and Ruth Shanks was taken. Ruth Shanks was elected World President, Margaret Yetman, Deputy President, Henneita Sheoman, Secretary, and Alison Burnett, Treasurer

Resolution 1 and 1A DEFEATED

As the meeting progressed, discussion and voting began on resolutions and recommendations. The first Resolution concerned changing the ACWW Constitution. Due to changes in charity laws in the UK, which may affect ACWW, changes may be needed in the constitution. However, proposed changes did not seem consistent with ACWW's mission. Three previous world presidents that were in attendance (Ursula Goh, Hilda Stewart and Lyndsay Hacket-Pain strongly suggested that one can not change a constitution only amend it. This resolution was defeated and an emergency resolution was brought forth to set-up and ad-hoc committee to review the UK laws that are being finalized and to bring the ACWW documents up to date and be re-presented for vote at the next triennial.

Resolution 2 PASSED

Be it resolved that ACWW Member Societies urge their government to provide a well trained and resourced quality maturity health service t and to improve maternal health education for all women and girls to ensure the best outcomes for mother and baby, giving particular regard to special needs and isolation of rural women.

Resolution #3 PASSED

Be it resolved that ACWW and its Member organizations strongly urge their governments to banish the use of hazardous chemical Bishponal A (BPA). This chemical is the main building block of polycarbonate plastics and is used in many consumer products and household goods, such as food and drink containers, plastic baby bottles, medical devices, sports equipment and toys. The chemical components are dissolves and leach into

their contents, posing our bodies and damaging our health.

Resolution #4 PASSED

Be it resolved that ACWW Member Societies urge their governments to record without prejudice the births of all children born within their jurisdiction to ensure that all children are recognized as citizens.

Resolution #5 DEFEATED

(It was felt that it should not be a separate fund.)

Be it resolved that ACWW should establish an "Energy for All" fund to encourage member societies to promote and support sustainable energy projects.

Resolution #6 PASSED

Be it resolved that ACWW calls on all people worldwide to stop the practice of female genital mutilation, female circumcision and cutting which endangers the health and life of young girls and its.

Recommendation 1 was changed to an emergency Resolution. PASSED

ACWW urges all member societies to focus strongly on the situation of girls and women who are victims of different forms of violence.

A second Emergency Recommendation was put forth. PASSED

Be it resolved that ACWW and its Member organizations strongly urge their governments to act, not adopt, the UN Security Council Resolution 1325. The resolution states the following:

The Security Council adopted resolution (S/RES/1325) on women and peace and security on 31 October 2000. The resolution reaffirms the important role of women in the prevention and resolution of conflicts, peace negotiations, peace-building, peacekeeping, humanitarian response and in post-conflict reconstruction and stresses the importance of their equal participation and full involvement in all efforts for the maintenance and promotion of peace and security. Resolution 1325 urges all actors to increase the participation of women and incorporate gender perspectives in all United Nations peace and security efforts. It also calls on all parties to conflict to take special measures to protect women and girls from gender-based violence, particularly rape and other forms of sexual abuse, in situations of armed conflict. The resolution provides a number of important operational mandates, with implications for Member States and the entities of the United Nations system

Recommendation #2 PASSED

In view of the ever increasing use of electronics that pollute the environment, members of ACWW are urged to do all they can to ensure e-waste is recycled and disposed of safely and responsibly to prevent further damage to the environment. Bonnie Teeple, NAFCE President and Jean Purich, MDAFCE newsletter editor presented and seconded this recommendation proposed by National FCE.

ACWW has consultative status at the United Nations and works with the Alliance of Health Promotion and the World Health Organization. According to the UN, drugs, ammunition and the sex trade are largest industries undermining women and families in the world.

2014 is the UN Year of Family Farming.

ACWW projects must meet one of the following criteria:
Literacy, health education, nutrition and health economics, agricultural training, income generating activities, water and sanitation, and civic (community) consciousness. Projects are monitored by Area Presidents, members and can only be funded in areas where it is safe to travel.

Millennium development goals include the eradication of extreme poverty, primary education for all, gender equality and reducing child mortality.

Jean C. Purich, MDFCE delegate

MEMBERSHIP

Thanks to all the county treasurers who sent their membership forms, checks, and information in on time this year. No one missed the deadline. During November, I updated our information and forwarded it to the National Association for Family and Community Education headquarters. It is still possible to join MDFCE. Just send the forms and checks to me as soon as you get them. We encourage new memberships at any time.

Martha Moser, Membership Chairman
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Eraser cleaning blocks aren't just for taking marks off of walls.

From Mr. Clean's original "magic eraser" to the generic options, eraser cleaning blocks have made cleaning easier, less messy and dare we say...even *fun*! Sure, these foam blocks can get the gunk off walls (sometimes even upholstery if you are careful) and other household surfaces, but there are *so* many more uses for these little blocks of heaven. Here are 20 unusual uses for an eraser block to make the most of your spring-cleaning time:

Quick Tip: Cut up one eraser block into four little blocks. It will make your purchase last longer, and, it will make it easier for you to get into smaller nooks and crannies.

1. Outdoor Furniture and Toys

Take grungy white resin or white painted furniture by lightly scrubbing with an eraser-cleaning block. The eraser gets into crevices and cracks while leaving paint finishes intact. The same principle applies to outdoor plastic toys.

2. Pool Liners

Pool owners, this will make your life easier: A gentle scrubbing on your liner will get rid of the water mark better than any other product.

3. Vinyl

Take an eraser to scuffs on just about anything made from vinyl: siding, boat seats, shoes, etc.

4. Car Interiors

Clean the car seats with an eraser block: Go lightly on leather, but it's okay on fabric and vinyl, lightly scrub the car steering wheel. Eraser blocks get rid of grease streaks left inside after the car has been to the shop, too.

5. Hubcaps

Clean your car's hubcaps with an eraser for a water-free car wash.

6. Refrigerator

Get rid of last year's drippings that are pooled in the back of the fridge. It will take a whole eraser block, but it gets the job done. The seals that have gotten a bit black and moldy will also respond well to an eraser.

7. Dishwasher Interior

What are those colors inside your dishwasher from time to time? Lime, mold, etc. Just take an eraser to them and the stains will banish.

HAM AND SPLIT PEA SOUP



Ingredients

- 1 pound dried split peas
- 1 ham hock
- 3 tablespoons unsalted butter
- 1 cup finely chopped yellow onions
- 1/2 cup finely chopped celery
- 1/2 cup finely chopped carrots
- 2 teaspoons minced garlic
- 1 pound Smithfield ham, chopped
- 1 teaspoon salt
- 3/4 teaspoon freshly ground black pepper
- 1/4 teaspoon crushed red pepper flakes
- 8 cups water
- 1 bay leaf
- 2 teaspoons fresh thyme

**Maryland Association for
Family & Community Education
15500 Gallaudet Avenue
Silver Spring, MD 20905**



Directions

Place the peas in a large pot or bowl, cover with water by 2 inches and soak 8 hours or overnight. Drain the peas and set aside.

Score the ham hock. Place in a pot, cover with water and bring to a boil. Reduce heat and let simmer for 1 hour. Drain and set aside.

In a large pot, melt the butter over medium-high heat. Add the onions and cook, stirring, for 2 minutes. Add the celery and carrots and cook, stirring, until just soft, about 3 minutes. Add the garlic and cook, stirring, for 30 seconds.

Add the ham hock and ham and cook, stirring, until beginning to brown. Add the drained peas, salt, pepper, and pepper flakes, and cook, stirring for 2 minutes. Add 8 cups of water, the bay leaf and thyme, and cook, stirring occasionally, until the peas are tender, about 1 hour. (Add more water as needed, if the soup becomes too thick or dry.)

Remove the bay leaf and discard. Adjust the seasoning to taste and serve immediately.

Never (Ever!) Carry THIS in Your Wallet

If you've been meaning to clean out your wallet, do it now. And permanently remove any of the eight items listed below. Why? Not only will it lighten your load, but also it will help protect your identity from being stolen. All it takes is your name and Social Security number for identity thieves to open new credit card accounts and make expensive purchases--in your name.

[Find out the surprising top form of identity theft.](#)

From your Social Security card to credit card receipts, Kiplinger has assembled a list of items you should never (ever!) carry in your wallet. Do this

and your risk will be lessened if your wallet is ever stolen.

1. Your Social Security card

Not only should your Social Security card be stored in a safe and secure place, but also make sure your Social Security number appears on nothing you keep your wallet. That includes your Medicare card and driver's license.

- **Helpful hint:** For your wallet, photocopy the front and back of your Medicare card and black out your Social Security number. If it appears on your driver's license, get a new one.

2. A list of your passwords

We understand you have too many passwords to remember them all, but keeping a list of them in your wallet is asking for big trouble. Just think of what could happen if a thief gets your ATM card with the password conveniently attached.

- **Helpful hint:** If you must keep a written list of your passwords, place it in a secure location in your home.

3. Spare keys to your home

If you have a driver's license in your wallet and a spare house key, you have just invited a thief to rob you.

- **Helpful hint:** If you're likely to lock yourself out of your house, give a spare key to a trusted neighbor or relative.

4. A spare blank check

All a thief needs to raid your checking account is a blank check. The routing and account numbers allow anyone to electronically transfer funds from your account.

- **Helpful hint:** Leave the checkbook at home and carry only the exact number of checks you need for that day. Better yet, use your debit card instead of checks.

5. Your passport

If a thief gets hold of your passport, it can be used for many nefarious purposes, including traveling in your name, opening bank accounts and even getting a new copy of your Social Security card.

- **Helpful hint:** When traveling overseas, photocopy your passport to carry with you and leave the original in the hotel lockbox.

6. Multiple credit cards

You may have an impressive collection of credit

cards, but only carry the ones you need that day. Kiplinger recommends carrying just one card for unplanned and emergency purchases.

- **Helpful hint:** Create a list of the credit cards in your wallet, including the credit card number and the phone number to call in case of theft and keep this list in a safe place in your home.

7. Your birth certificate

A birth certificate alone is not enough to steal your identity, but used in combination with other forms of identification, such as a passport or Social Security card, much damage can be done.

- **Helpful hint:** There are some occasions, such as a mortgage closing, when you may need to bring your birth certificate, Social Security card and other important personal documents. Keep them in sight at all times so someone cannot steal them. And never leave these documents in your car.

8. Credit card receipts

Any credit or debit card receipt will only contain the last four or five digits of the card number, but identity thieves can use just that small bit of information to phish for the rest. For example, an ID thief could call you and say he is from your bank and needs to verify your identity. He then asks for all the numbers on the credit card and the expiration date.

- **Helpful hint:** Clean out your receipts each evening. Securely file the ones you need to keep and shred the rest.

[How often do you toss out your credit card receipts without even thinking about it? Don't! Find out scam artists' ploy to use those receipts to get your full credit card number.](#)



Cleaning Fruit-Chemical free and EASY!



Fill sink with water, add 1 Cup of Vinegar and stir. Add all fruit and soak for 10 minutes. Water will be

dirty and fruit will sparkle with no wax or dirty film. Great for berries too as it keeps them from molding. Do this with strawberries and they last for weeks!

~~***Autumn Chex® Mix***~~

Ingredients:

8 oz white chocolate baking bars, coarsely chopped
4 cups Corn Chex® or Rice Chex® cereal
2 cups bite-size pretzel twists
1/2 cup raisins
1 cup candy corn
1/4 cup Betty Crocker® orange and black candy decors

Directions:

In large microwavable bowl, microwave chopped baking bars uncovered on High 1 minute 30 seconds to 2 minutes 30 seconds, stirring every 30 seconds, until melted and smooth.

Gently stir in cereal, pretzels and raisins until evenly coated. Stir in candy corn and decors.

Spread on waxed paper or foil until cool and chocolate is set, about 30 minutes. Break into chunks. Store loosely covered.

Makes 18 servings (1/2 cup each)

Nutrition Information:

1 Serving (1 Serving)Calories 180(Calories from Fat 45),Total Fat 5g(Saturated Fat 3g,Trans Fat 0g),Cholesterol 0mg;Sodium 150mg;Total Carbohydrate 32g(Dietary Fiber 0g,Sugars 22g),Protein 2g;Percent Daily Value*:Exchanges:1 Starch;0 Fruit;1 Other Carbohydrate;0 Skim Milk;0 Low-Fat Milk;0 Milk;0 Vegetable;0 Very Lean Meat;0 Lean Meat;0 High-Fat Meat;1 Fat;Carbohydrate Choices:2;*Percent Daily Values are based on a 2,000 calorie diet.

Resource~bettycrocker

