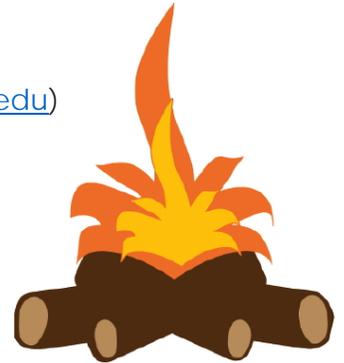




July Family Style

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Watermelon



- Watermelon is fat free and low in calories. 2 cups of diced watermelon provides only 80 calories.
- Choose a firm watermelon that has dried stems, a dull skin, rounded ends, a cream-colored belly, and is heavy for its size. Avoid watermelons that have a flat side.
- Store unwashed watermelon at room temperature up to 2 weeks, or until ripe. Ripe, cut watermelon can be stored in a container with a lid in the refrigerator for up to 1 week.
- Rinse the rind of the melon thoroughly before preparing. Use a knife to carefully cut in half. Cut each half into sections.
- Watermelon is best eaten raw.



Foil Packet Potatoes

Diced potatoes
Sliced onions
Shredded cheese
Salt and pepper to taste

Bacon bits
Butter or oil; olive or canola
Herbs (basil, chives, etc)

1. Place potatoes on pieces of heavy-duty foil. Sprinkle desired toppings over potatoes, dot with butter or lightly drizzle oil.
2. Fold foil up around potatoes. Seal the edges well. Grill, covered over medium heat for 30-40 minutes or until potatoes are tender.

*Prepare as much as possible ahead of your camping trip such as shredding cheese and dicing onions. Place ingredients in plastic bags and keep cold in a cooler until ready to use.

CAMPFIRE SAFETY:

Safety around the campfire will make the experience more enjoyable. Rules to follow:

- Safety always comes first.
- A first aid kit, directions to the closest emergency facility, and a cell phone should be readily available.
- Always supervise children carefully.
- Never leave a campfire or grill unattended. Have a bucket of water nearby.
- Have a safety circle around the campfire or grate.
- Never wear loose or flammable clothing near campfires.