

**ARE YOU THE NEXT
PORK PERSONALITY?
LIMITED TIME
ONLY – ENTER
TODAY!**



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The Other
White Meat
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THE DAILY PORK
August, 2009 **EXCLUSIVE PORK COVERAGE** pork

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Beat the Heat with Pork

With summer in full swing, many families are taking advantage of the warm temperatures, summer breaks and vacation days by planning family picnics, trips to the beach and visits to and the pool. With so much “on-the-go” activity, it can be tough to prepare those much-needed, travel-friendly snacks or find time to put food on the (picnic) table.



Helping you spend less time in the kitchen and more time with the family – from favorite finger foods to quick and simple recipes – pork is an easy and affordable summer mealtime solution.

Easy, breezy and sure to impress, satisfy any craving with a few fresh menu ideas fit for summer's many festivities.

Portable Pork

Nothing says summer more than family fun in the sun! Unfortunately, transporting your delicious food outdoors is not always as smooth of a process as you'd like. Fear not! We've compiled a few easy recipes that are 100% portable — perfect for your next family outing.



Bacon, Lettuce and Tomato Wraps – Splash around at the beach or pool with this delicious meal sure to become a lunchtime favorite. Mix it up by using different flavored tortillas to accommodate a variety of tastes and preferences.



Stuffed Pork, Cheddar and Apple Panini – This recipe, courtesy of Liz Ward, MS, RD, is the perfect road trip companion. Make sandwiches before you leave the house and have them handy for fussy kids while on a family road trip.



Cobb Salad Ham Roll-ups – Headed out for a quiet picnic? Make sure to pack this easy-to-assemble dish that is packed with smoky ham flavor. Mix avocado, tomatoes, blue cheese, hard boiled eggs and bacon together adding it to layered

Serve with chips and fresh seasonal fruit for a complete alfresco meal that is a perfect match for any insulated cooler.

This sandwich is not only kid-friendly, but one you'll feel good about giving them.

ham slices and lettuce for a crispy meal that will be savored with every bite.

HOT Summer Tips

No one has time or desire to labor over a hot stove when outdoor activities arise. The National Pork Board offers the following delicious on-the-go tips to help you and your family savor the flavor of summer without taking a time-out from the fun.

Road Trip Ready: Pack a small variety basket of goodies such as grapes, cherries and cheese and crackers to help limit frequent stops and potential un-healthy choices at the drive-thru.

Storage Savvy: Store on-the-go pork dishes in a cooler, and be sure to keep food in the shade or sheltered from the sun when dining outdoors to limit spoilage.

Snack Essentials: When packing on-the-go food or snacks, make sure to include all essential items such as paper towels, moist towelettes, cups and utensils along with resealable plastic bags or containers for leftovers to create a mess-free meal.

Lights...Camera...GRILLING!!!

The "Search for the Next Pork Personality" is on...but time is running out!!! Do you have a pork tip that's behind the secret to your grilling success? Perhaps a homemade spice rub, special sauce or marinade, or slow-and-low cooking secrets? Tell us! Through August 31, passionate pork fans everywhere can enter the National Pork Board's "Search for the Next Pork Personality" contest by submitting a video at TheOtherWhiteMeat.com. Each entrant must share their best tip for grilling pork. Multiple factors will be considered when selecting the "top hog," including creativity and originality, and the pork love needs to come through loud and clear.

Three finalists will be selected for a live finale grill-off in New York City. Each will prepare a pork recipe that showcases their tip for Fieri and a panel of judges. The winner will be named the "Next Pork Personality," take home \$5,000, a Char-Broil® grill and grilling accessories.

What are you waiting for?! Visit TheOtherWhiteMeat.com to submit your entry and view the complete rules. The contest ends August 31, 2009. For a little video inspiration, be sure to check us out on our You Tube page --- just click [here!](#)

Be sure to check out other great recipes and tips on TheOtherWhiteMeat.com. Have questions about the challenges you face in the kitchen during the busy summer season; visit PorkKnifeandSpoon.com to ask Shauna about her summer fun with pork.

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