

Drugstore Wrap

Cut one or two pieces of lightweight foil or one piece of heavy-duty or extra-heavy-duty foil twice the distance around the item to be wrapped.

- Arrange food in the center of one piece of foil.
- Bring opposite sides of the foil together and fold down in small ½-inch folds until package can no longer be folded.
- Flatten the two sides of the package, and then roll the open edges toward the center in small folds. Edges of the package must be tightly sealed.
- If the package needs to be wrapped again for strength, place the folded top of the package upside down in the center of another piece of foil and repeat.

One advantage of foil-wrapped parcels, or 'tin foil dinners,' is that they can be prepared, seasoned and packed in advance of cooking. Everyone can make his or her own dinner and season it. This cuts down on preparation time and gives everyone an activity. Another plus is that these dinners will hold their heat for 10 to 15 minutes. You can enjoy dinner served directly out of the foil wrap.