



# INDIANA'S FOOD FOR THE HUNGRY

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

JUNE 2009

## Ask the Expert:

“How can we help our clients get more fresh fruits, vegetables and herbs in their diet?”



### Expert Answer:

With limited money and space, container gardening is a great option for clients to grow fresh food at home.

Vegetables, herbs and some fruits can grow in virtually anything that holds soil and has holes in the bottom for drainage. Clay, wood, plastic, cement, or metal boxes, baskets, pots and containers are all suitable materials for growing plants. A container that is 10 to 12 inches deep is recommended for most plants.

Planting a container garden is much like planting a traditional garden. Seeds can be planted in rows or in clusters. Planting transplants instead of seeds can give plants a head start on the growing season.

Vegetables such as tomatoes, eggplant, peppers, lettuce, beans and squash as well as herbs and some berries are all good choices for container gardening. Smaller plants tend to grow better in a container garden. But even large plants such as tomatoes, melons, and squash can be grown if given a large enough container.

### For more information on container gardening:

- Container and Raised Bed Gardening (Purdue Extension) - <http://www.hort.purdue.edu/ext/HO-200.pdf> (\*Source for article)
- Container Vegetable Gardening (Clemson Extension) - <http://www.clemson.edu/extension/hgic/plants/vegetables/gardening/hgic1251.html>
- Container Gardening (WVU Extension) - <http://www.wvu.edu/~agexten/hortcult/homegard/cntanegr.htm>

### Ask the expert:

Future questions for the newsletter related to nutrition and food safety can be mailed or e-mailed to:

Indiana's Food for the Hungry  
700 W. State Street  
West Lafayette, IN 47907  
E-mail: [safefood@purdue.edu](mailto:safefood@purdue.edu)

Please complete the newsletter survey inside.

Your input counts!

### IN THIS ISSUE...

<b>Ask the Expert:</b> Container Gardening	1
<b>Food Safety:</b> Cross-Contamination	2
<b>Eating Right:</b> With Chicken	3
<b>In the News:</b> Grants to Fight Hunger	4

# Cross-Contamination

Cross-contamination is the transfer of harmful bacteria to food from other foods, equipment and utensils if they are not handled properly. This is especially true when handling raw meat, poultry, and seafood, so keep these foods and their juices away from already cooked or ready-to-eat foods and fresh produce. When handling foods, it is important to Be Smart, Keep Foods Apart -- Don't Cross-Contaminate.



## Separate....Don't Cross-Contaminate



### KEEP IT CLEAN!

- **Lather Up**

Always wash hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets. Wash cutting boards, dishes, countertops and utensils with hot soapy water.

- **Take Two**

Use one cutting board for fresh produce and a separate one for raw meat, poultry, seafood, or eggs.

- **Clean Your Plate**

Never place cooked food back on a plate that previously had raw meat, poultry, seafood or eggs on it before washing it first.

### WATCH THOSE JUICES!

- **Safely Separate**

Separate raw meat, poultry and seafood from other foods in your grocery shopping cart and shopping bags, and in your refrigerator.

- **Seal It**

To prevent juices from raw meat, poultry or seafood from dripping onto other foods in the refrigerator, place these raw foods in sealed containers or plastic bags on the bottom shelf of the refrigerator.

- **Marinating Mandate**

Sauce that is used to marinate raw meat, poultry or seafood should not be used on cooked food unless it is boiled first.

Source: USDA Partnership for Food Safety Education: [www.fightbac.org/images/pdfs/separate.pdf](http://www.fightbac.org/images/pdfs/separate.pdf)

### Food Recall Information

For information about current and previous food recalls:

- FDA: <http://www.fda.gov/Safety/Recalls/default.htm>
- USDA (Meat, poultry and egg recalls): [http://www.fsis.usda.gov/FSIS\\_RECALLS/](http://www.fsis.usda.gov/FSIS_RECALLS/)
- CDC's toll-free public inquiries hotline (1-800-CDC-INFO or 1-800-232-4636)

# Whole Chickens

Frozen, bagged chickens are ready to cook and yield 5 to 6 three-ounce servings.



## Storage:

- Keep frozen at 0°F or below until ready to use.
- After cooking, remove meat from bones and store leftover chicken in a covered container in the refrigerator. Use within 2 days.

## Preparation:

- Frozen chicken must be properly handled to avoid spoilage or serious food poisoning.
- Thaw frozen chicken in the refrigerator for 24 hours. DO NOT refreeze.
- After thawing, wash thoroughly in cold water. Drain.

## Uses:

- Leftover chicken will make excellent quick-to-fix soup, salad filling for sandwiches or casseroles.
- Chicken may be roasted (stuffed or unstuffed), oven-fried, broiled, barbecued or simmered.

## Cooking:

- Cook the chicken to an internal temperature of 180°F which indicates that the chicken is ready to serve. Cook completely.

Source: USDA, TEFAP Commodity Fact Sheet and Recipes: [www.fns.usda.gov/fdd/programs/tefap/](http://www.fns.usda.gov/fdd/programs/tefap/)

### **Skillet Roasted Chicken** Serves: 6

#### Ingredients:

- 1 whole chicken, thawed
- 1 tablespoon margarine or butter
- 1 can (10 3/4 ounces) chicken broth
- 2 tablespoons lemon juice

#### Directions:

1. Preheat oven to 375°F.
2. Remove giblets from chicken cavity and reserve for another use. Split chicken down the backbone and place chicken, breast side up, in a large oven-proof skillet or baking pan.
3. Brush outside with margarine. Roast uncovered for 30 minutes, until chicken begins to brown.
4. Pour chicken broth and lemon juice around chicken, basting the chicken as you pour.
5. Continue to roast 45-60 minutes longer until skin is rich, deep brown, and thermometer reads 180°F for internal temperature.

Source: USDA, [www.fns.usda.gov/fdd/facts/hhpfacts/FS-ChickenConsumerPackFrz.pdf](http://www.fns.usda.gov/fdd/facts/hhpfacts/FS-ChickenConsumerPackFrz.pdf)

### **Baked Lemon Chicken** Serves: 5

#### Ingredients:

- 1/4 tsp salt
- 1/4 tsp pepper
- 1 tsp thyme
- 1 1/2 cups chicken stock or water
- 3 1/2 lbs chicken (skinned and cut into 10 pieces)
- 1 1/2 thinly sliced cloves of garlic
- 1/4 cup lemon juice
- 3 cups sliced onions

#### Directions:

1. Combine salt, pepper, garlic and thyme.
2. Lay chicken pieces into a 11x13 baking pan. Sprinkle seasonings over chicken.
3. Combine onions, chicken stock, and lemon juice in a sauce pan. Heat to a boil.
4. Pour hot lemon mixture around chicken.
5. Bake for 30 minutes at 400°F until golden brown and thermometer reads 180°F.

Source: SNAP-Ed Connection Recipe Finder: <http://recipefinder.nal.usda.gov/index.php>



# INDIANA'S FOOD FOR THE HUNGRY

Formally known as "Safe Food for the Hungry"

Send comments and/or change of address to:

Indiana's Food for the Hungry  
Department of Foods and Nutrition  
Purdue University  
700 West State Street  
West Lafayette, IN 47907-2059  
Phone: (765) 494-8791  
Fax: (765) 494-0906  
E-mail: safefood@purdue.edu

This newsletter is created by faculty and Cooperative Extension Service staff in the Department of Foods and Nutrition at Purdue University, with funding provided in support of the USDA TEFAP (The Emergency Food Assistance Program). This institution is an equal opportunity provider.

PAGE 4

IN THE NEWS

## **“Go Grants” Available to Fight Community Hunger**



The Quaker Oats Company is currently accepting applications to award \$500 to individuals or organizations to help fight community hunger. Registered dietitians or organizations partnering with registered dietitians are eligible for \$1000. “Go Grants” are being awarded each month through August/September 2009.

Visit [www.quakeroats.com/gohumansgo](http://www.quakeroats.com/gohumansgo) and follow the online application instructions to enter. The grants are available to residents of the 50 United States and the District of Columbia who are 18 years of age and older as of March 9, 2009. The sponsor is The Quaker Oats Company, 555 W. Monroe St., Chicago, IL 60661. “Indiana’s Food for the Hungry”, Purdue University, and USDA/TEFAP have no affiliation with the grants.