



# INDIANA'S FOOD FOR THE HUNGRY

A Newsletter for the Staff and Volunteers of the Emergency Feeding Programs

OCTOBER 2010

## Ask the Expert:

**“Can clients have dairy if they are lactose intolerant?”**



Lactose intolerance is a condition where a person develops digestive discomforts, such as cramps, diarrhea, nausea, gas and bloating after consuming lactose, the sugar found in milk. It occurs when a person does not have enough lactase, the enzyme in the intestine which helps digest lactose.

Many people who have low lactose levels can consume some lactose containing foods. They may just have to eat them carefully. For example:

- Many people with lactose intolerance can drink up to two cups of milk served with meals. This amount may need to be divided into servings of one cup or less. Sometimes, individuals handle whole milk better than skim or low-fat milk.
- Most people can eat aged cheeses like cheddar,

swiss and mozzarella. Even cottage cheese may be tolerated well.

- Plain yogurt with live yogurt cultures also are well-tolerated. Yogurt with added fruit, flavors and sweeteners may not be digested as well.
- Frozen yogurt and ice cream usually are not tolerated as well as cheese and refrigerated yogurt.

Dairy foods are the best source of calcium. Even if an individual can handle some milk, they may not get enough calcium in their diet. Calcium is available through other food sources, such as: sardines, salmon, spinach, broccoli or calcium-fortified foods such as cereal or orange juice. Some people also use soy milk fortified with calcium.

Source: University of Georgia Extension:  
[www.fcs.uga.edu/ext/pubs/html/FDNS-E-13.html](http://www.fcs.uga.edu/ext/pubs/html/FDNS-E-13.html)

## Going Green with the Newsletter

If you would like to support the “go green” effort of this newsletter and your organization has the means to receive it via e-mail instead of mail, please contact us with your organization’s name and e-mail address at:

**[safefood@purdue.edu](mailto:safefood@purdue.edu)**

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# Donated Foods: Cans



Donating foods that would otherwise go to waste help feed the hungry. However, donated food should be inspected for both safety (whether a food is free of disease-causing bacteria and their toxins) and quality (whether a food looks and smells acceptable to eat).

**Beware of the signs that canned foods may be unsafe to eat. These signs may indicate that food is unsafe:**

- Too crushed to stack on shelves or open with a manual can opener or crushed under the double (end) seam
- Moderate/severe dents at the juncture of side and double (end) seam
- Rust pits severe enough to pierce the can or holes, fractures, or punctures in the can
- Swollen or bulging ends or evidence of leakage
- Missing label
- Signs of spoilage (spurting; unusual odor or appearance) when opened
- Baby food or formula past the expiration date

Don't rely on look or smell. Foods that cause food poisoning may look fine and smell acceptable. Never taste suspicious foods!

**IF IN DOUBT, THROW IT OUT!**



To learn more about evaluating donated foods, visit the Indiana's Food for the Hungry video library at: [www.cfs.purdue.edu/safefood/resources.asp](http://www.cfs.purdue.edu/safefood/resources.asp)

## 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\\_RECALL](http://www.fsis.usda.gov/FSIS_RECALL)
- CDC's toll-free public inquiries hotline (1-800-CDC-INFO or 1-800-232-4636)

# Orange Vegetables



The cool, crisp temperatures of autumn bring great vegetables to the table. Among them are vegetables in the orange group that are harvested and readily available during the months of September and October. Orange vegetables such as sweet potatoes and pumpkin are also available all year in canned varieties.

## **Nutrition**

Orange vegetables are an important part of a healthy diet. They are excellent sources of vitamin A (beta carotene), vitamin C, potassium and fiber. Orange vegetables also contain niacin, folate and iron. Like most vegetables, they are low in fat and are cholesterol free. It is recommended to consume two cups of orange vegetables per week. This is equal to one-half cup of orange vegetables four days per week.

## **Sweet Potatoes:**

- Can be prepared with sweet or savory flavors
- Go well with meats, fruits and other vegetables
- Canned sweet potatoes are available all year

## **Pumpkin**

- Works well in side dishes, breads, muffins or pies
- Mix canned pumpkin with vanilla pudding for a tasty snack
- Canned pumpkin is available all year

Sources: Center for Nutrition, Diet and Health: <http://dc.marketmaker.uiuc.edu/uploads/1ff4ddf1b8a482314204d8b65c2e4b3c.pdf>  
Iowa State University Extension: [www.extension.iastate.edu/food/snackideas/pumpkin.pdf](http://www.extension.iastate.edu/food/snackideas/pumpkin.pdf)

## **Mashed Sweet Potatoes and Pears**

Yield: 8 servings

### **Ingredients:**

- 2 cans (15oz.) sweet potatoes, drained
- 1 can (15oz.) pears, drained
- 1/3 cup brown sugar, packed
- 1/4 cup margarine, softened
- 1/4 tsp. cinnamon

### **Directions:**

1. Place sweet potatoes in large mixing bowl and add pears, sugar, margarine and cinnamon and mix until combined. Mash completely using a fork.
2. Place in microwave-safe dish with lid and heat on high for about 4 minutes, stir.
3. Heat on high for another 1 to 3 minutes or until heated evenly.

Source: USDA Household Commodity Fact Sheets: [www.fns.usda.gov/fdd/facts/hhpfacts/cfs\\_allhhpfactsAlpha.htm](http://www.fns.usda.gov/fdd/facts/hhpfacts/cfs_allhhpfactsAlpha.htm)

## **Pumpkin Soup**

Yield: 4 servings      Serving Size: 1 1/2 cups

### **Ingredients:**

- 1 can (15 ounce) rinsed and drained white beans
- 1 small onion
- 1 cup water
- 1 can (15 ounces) canned pumpkin
- 1 can (14.5 ounces) chicken or vegetable broth
- 1/2 teaspoon thyme
- salt and pepper to taste (optional)

### **Directions:**

1. Blend white beans, onion, and water.
2. In a pot, mix bean puree with pumpkin, broth, and spices.
3. Cover and cook over low heat about 15 to 20 minutes until warmed through.

Source: SNAP-Ed Connection recipe finder: <http://recipefinder.nal.usda.gov/>

\* Underline in ingredients list denotes commodity food ingredient



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IN THE NEWS

## Community Food Projects Grant Program help meet the food needs of low-income individuals



The USDA's Community Food Projects (CFP) Competitive Grants Program is currently accepting applications to award projects up to \$300,000 for 3 years. Private non-profit organizations are eligible to receive funds directly, but collaborations with public and private, for-profit entities are recommended to individuals or organizations. Projects should target the following:

- \* meeting the food needs of low-income people,
- \* increasing the self-reliance of communities in providing for their own food needs, and
- \* promoting comprehensive responses to local food, farm, and nutrition issues, and/or...
- \* meeting specific state, local, or neighborhood food and agriculture needs for long-term planning, or the creation of innovative marketing activities that mutually benefit agricultural producers and low-income consumers.

Applications are being accepted until November 17, 2010. For more information, visit: [www.foodsecurity.org/funding.html](http://www.foodsecurity.org/funding.html) or contact CFP program staff Liz Tuckermanty at (202) 205-0241 or [etuckermanty@nifa.usda.gov](mailto:etuckermanty@nifa.usda.gov).