



INDIANA'S FOOD FOR THE HUNGRY

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

APRIL 2010



“Ask the Food Safety Expert” LIVE Webinar on May 14, 2010

Send your questions
for the webinar to:
safefood@purdue.edu

Do you ever have questions about how to properly store USDA foods? Ever wonder what the dates on food really mean? Get these and other questions answered during a live webinar hosted by Indiana's Food for the Hungry on May 14, 2010.

Emergency food program such as food banks, food pantries, soup kitchens, senior meal sites and shelters and individuals interested in food safety topics important to these sites are invited to join us live for a food safety presentation provided via Internet (webinar).

Dr. Rich Linton, Associate Director of the Agriculture Research Program and Professor of Food Science at Purdue University will speak about food safety issues important for emergency food programs.

To ensure that you get your questions answered, please send them to safefood@purdue.edu before May 1, 2010. Time will also be provided for questions during the webinar.

To watch the webinar, you will need access to a computer connected to the Internet. Enter the following website address into your web browser: <https://gomeet.itap.purdue.edu/infoodsafety/>

Once you get to the webpage, you will see a box to enter your name and enter as a guest. Be sure to have your computer speakers on so you can hear the presentation when it starts promptly at 9 am EDT.

We encourage food banks to provide a central location for individuals to view the webinar who do not have a computer.

For those that work or live close to Purdue University in West Lafayette, you are welcome to watch the presentation on campus in Room 241 (auditorium) of Pfendler Hall.

We look forward to “seeing” you on event day!

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

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Food Allergy Labeling

The Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA) became effective on January 1, 2006 by the Food and Drug Administration. This law requires food manufacturers to clearly identify if a food product has ingredients from any of the eight major allergenic foods or food groups described below.

Eight major foods or food groups account for 90% of food allergies. These foods include:

- Milk
- Eggs
- Fish
- Soybeans
- Tree nuts (almonds, pecans, walnuts)
- Peanuts
- Wheat
- Crustacean shellfish (crab, lobster, shrimp)

Food labels may look different. Food manufacturers are required to label foods in one of two ways, if high allergy foods are present:

1. In the list of ingredients, the major food allergen appears in parenthesis after the common or usual name of the ingredients when that name does not already appear in the ingredient statement.

Example:

Ingredients: Enriched flour (**wheat** flour, niacin, riboflavin), sugar, whey (**milk**), **eggs**, vanilla, salt, lecithin (**soy**), mono-and diglycerides.

2. Immediately after the list of ingredients, the word “contains” is followed by the name of the food for each of the major food allergens present in the food’s ingredients.

Example:

Contains Wheat, Milk, Egg and Soy

What this means for commodity foods: FALCPA applies to packaged foods including everything, except meat, poultry, and egg products regulated by USDA’s Food Safety and Inspection Service (FSIS). In the meantime, meat, poultry, and egg product manufacturers may voluntarily add food allergen statements to their labels.

When clients have allergies or intolerances:

- Food pantries: Show clients how to find allergen information on food labels.
- Soup kitchens: Pay close attention to foods for clients who may have allergies or intolerances.

Sources: USDA: www.fns.usda.gov/fdd/facts/nutrition/foodallergenfactsheet.pdf

FDA: www.fda.gov/Food/LabelingNutrition/FoodAllergensLabeling/GuidanceComplianceRegulatoryInformation/ucm106187.htm

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
- CDC’s toll-free public inquiries hotline (1-800-CDC-INFO or 1-800-232-4636)

Nutrition for the Hispanic Culture



Did you know that 5% of the population in Indiana is Hispanic with most originating from Mexico? With this in mind, it is important to promote healthy food choices for different cultures. This month we feature a recipe for the Hispanic culture and provide it in English and Spanish.

Commodity Foods Common to the Hispanic Culture*	Make It Healthier
Tortillas	Make it whole grain by choosing whole wheat tortillas.
Rice	Make it whole grain by choosing brown or wild rice instead of white.
Beans	Rinse canned beans to reduce sodium prior to cooking.
Tomatoes	Choose low-sodium versions of canned tomatoes.
Corn	Choose whole corn instead of creamed corn.
Cheese	Use reduced-fat varieties of cheese.

*Consider stocking these foods in your pantry.

Tasty Tostadas

Yield: 4 servings Serving size: 1 tostada

Ingredients:

- 2 cups shredded romaine lettuce
- 4 tostada shells
- 2 cups chopped cooked chicken breast
- 1 cup prepared salsa
- 1/2 cup drained, no salt added canned corn
- 1/2 cup drained, low sodium canned black beans
- 1/4 cup shredded reduced fat Cheddar cheese

Directions:

1. Place 1/2 cup shredded romaine lettuce on each tostada shell.
2. Put chicken and salsa in a small bowl and stir.
3. Spoon about 1/2 cup chicken mixture onto each tostada.
4. Top each tostada with 2 tablespoons corn, 2 tablespoons black beans and 1 tablespoon cheese.

Source: Network for a Healthy California, Public Health Institute:
www.networkforahealthycalifornia.net/powerplay.

Tostadas Sabroso

Producción: 4 porciones
 Una porción equivale a 1 tostada

Ingredientes:

- 2 tazas de lechuga romana cortada en tiritas
- 4 tostadas
- 2 tazas de pechuga de pollo cocinada y picada
- 1 taza de salsa preparada
- 1/2 taza de elote enlatado, escurrido, sin sal añadida
- 1/2 taza de frijoles negros enlatados, escurridos y bajos en sodio
- 1/4 taza de queso rallado Cheddar

Preparación:

1. Pon 1/2 taza de lechuga sobre cada tostada.
2. Pon el pollo y la salsa en un tazón pequeño y mezcla.
3. Con una cuchara agrega aproximadamente 1/2 taza de la mezcla de pollo a cada tostada.
4. A cada tostada agrega 2 cucharadas de elote, 2 cucharadas de frijoles negros y 1 cucharada de queso.

Fuente: Red para una California sana, instituto de la salud pública:
www.networkforahealthycalifornia.net/powerplay.

* Underline in ingredients list denotes commodity food ingredient



INDIANA'S FOOD FOR THE HUNGRY

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Send comments and/or change of address to:

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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.

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IN THE NEWS

Help Feed Children When School's Out

Many children in Indiana depend on free and reduced price school lunches and breakfasts for their daily nutrition needs. Unfortunately, when school is out during the summer most of these children lose access to the nutritious meals they receive during the school year. However, the Summer Food Service Program (SFSP) can help. The SFSP is a USDA federal reimbursement program administered by the Indiana Department of Education. This program provides reimbursement to organizations that prepare (or contract with a school or a food service management company) and serve meals to eligible children.

Consider becoming a sponsor of the SFSP to provide meals to needy children in your community. Sponsorship with the SFSP is available to both public and private nonprofit agencies including schools, government agencies, churches, community centers, and residential camps. The program can make a difference in a local community by bringing together organizations, members of the community, and volunteers who want to serve needy children and thereby reduce childhood hunger.

If you are interested in learning more about the SFSP, becoming a sponsor, or hosting a program feeding site, please contact Tina Skinner, SFSP Specialist, at (317) 232-0858 or (800) 537-1142 x 20858 or via email at tskinner@doe.in.gov.