



INDIANA'S FOOD FOR THE HUNGRY

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

JUNE 2011

Special Feature: A Growing Need - Emergency Food for Pets



The economic crisis in our country is affecting everyone from people to their pets. Animal lovers are combining forces in hopes of minimizing the number of pets that go hungry or land in shelters because their owners can no longer afford to feed them. Pet-food pantries offering free pet food and supplies are being established in cities and towns across the nation by volunteers concerned about the future of pets.

Cheryl Plomann, a Chesterson, Indiana resident knows first-hand that many pets have been victims of the downturn in the economy. For the past five years, she has been a volunteer in animal rescue groups and has become aware of the high rates of people giving up their pets to shelters, or simply letting them loose or letting them go hungry, because they can't afford pet food or veterinary care. Plomann is now stepping up forces in the community by seeking donations, sponsors and volunteers

to establish the Best Buddies Pet Pantry in Northwest Indiana. For more information, contact Cheryl Plomann at bestbuddies-petpantry@yahoo.com.

Pet food pantries often function much like a regular food pantry, providing temporary assistance to local families experiencing financial hardship. The big differences are the pet specific items that are available. These items include food and other supplies like collars, leashes, bowls, beds, toys, cat litter and cat boxes.

The Indiana's Food for the Hungry program will be adding a searchable feature to our on-line food assistance directory that will offer an opportunity to search for pantries or other emergency food assistance programs that offer pet food and/or pet supplies to clients. If you offer pet food or supplies to clients and would like to advertise (free) through our directory, please contact us by e-mail safe-food@purdue.edu or by phone: 765-494-8791.

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:

safe-food@purdue.edu

IN THIS ISSUE

Special Feature: Emergency Food for Pets	1
Food Safety: Donated Food: Glass Food Containers	2
Eating Right: Corn	3
In the News: A Consumer Guide to Food and Nutrition Service Programs	4

Donated Foods: Glass Food Containers

Guidelines for Evaluating Glass Food Containers

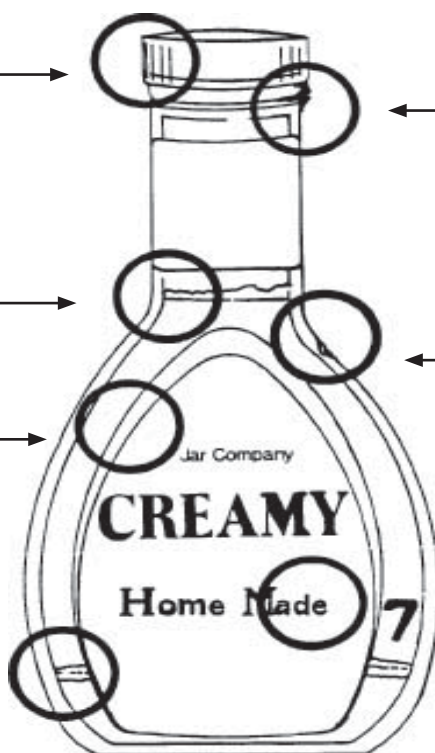
Discard Jars With:

Loose cap or bulged safety seal

Foreign objects or unusual product separation

Incomplete, missing or illegible labels

Mold (which can be long, stringy, clumpy or ropy; often white or dark)



Dirt, webs, insect skins or evidence of submersion or leaks on screws

Cracks or chips

Home canned goods

IF IN DOUBT, THROW IT OUT!

Adapted from Second Harvest National Food Bank Network, www.cfs.purdue.edu/safefood/foodsafety/guidelinesbag.html

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

Food Recall Information

For information about current and previous food recalls:

- FDA: <http://www.fda.gov/Safety/Recalls/default.htm>
- Food safety information provided by government agencies: www.foodsafety.gov/keep/recalls/index.html
- CDC's toll-free public inquiries hotline (1-800-CDC-INFO or 1-800-232-4636)

Eating Right with Corn

Corn is low in fat and a good source of vitamin C. A 1/2 cup of corn counts as 1/2 cup in the Vegetable Group. For a 2,000 calorie diet, the daily recommendation of vegetables is about 2 1/2 cups per day.



Storage:

- Store unopened corn in a cool, clean, dry place.
- Store remaining opened corn in a tightly covered container and refrigerate.

Uses and Tips:

- Serve canned corn heated as a side dish or use in a variety of main dishes, soups, stews, stuffing, relishes, and salads.
- Combine corn with lima beans to make succotash.
- Add variety to corn by mixing with one or more other vegetables such as tomatoes, green peppers, or onions.

Food Safety Information:

- If the corn can is leaking or the ends are bulging, throw it away.
- If the canned corn has a bad odor or liquid spurts out when the can is opened, throw it away.

Fiesta Corn and Black Bean Salad

Yield: 4 servings

Ingredients:

- 1 15oz. can corn, drained
- 1 15oz. can black beans, drained
- 1/2 cup onions, chopped
- 1 14.5oz can diced tomatoes, drained
- 1 4oz can green chiles, drained, diced
- 2 Tbsp vegetable oil
- 1/2 tsp. ground cumin
- 1/4 cup chopped cilantro (optional)
- lime juice, to taste (optional)

Directions:

1. Combine all ingredients in a bowl and mix.
2. If using cilantro and lime juice as a topping, shake cilantro over the top of the salad. Squeeze lime juice over the top of the salad.

Source: USDA Household Commodity Fact Sheet: <http://recipefinder.nal.usda.gov/>

Broccoli and Corn Bake

Yield: 6 servings

Ingredients:

- 1 15 oz. can cream-style corn
- 1 10 oz. package frozen broccoli, cooked
- 1 egg, beaten
- 1/2 cup crushed cracker crumbs
- 1/4 cup margarine

Topping:

- 6 crushed saltine crackers
- 1 Tbsp melted margarine

Directions:

1. Mix corn, broccoli, egg, cracker crumbs and margarine together in a 1 1/2 quart casserole dish.
2. Mix topping ingredients together in small bowl. Sprinkle over corn mixture.
3. Bake at 350 degrees for 40 minutes.

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

* Underline in ingredients list denotes commodity food ingredient



INDIANA'S FOOD FOR THE HUNGRY

First Class
Presort Mail
U.S. Postage
PAID
Lafayette, IN
Permit No. 221

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
Website: <http://www.cfs.purdue.edu/safefood/>

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

A Consumer Guide to Food and Nutrition Service Programs

How To Get Food Help is a low literacy, clear language brochure targeted at consumers who may be new to navigating social services and assistance applications. The brochure created by the USDA Food and Nutrition Service (FNS) clearly explains all FNS programs that consumers apply to directly, and it gives them basic information to identify which programs might be right for them. It also gives basic next steps to get them started in the application process, as well as links and toll-free numbers for more information.

Here are some tips on how to use How To Get Food Help in your outreach activities:

- Hand out copies at any outreach or information events you have.
- Include copies in bags of food that are distributed.



To download a PDF of the brochure and get more information and tips on how to use it in outreach activities, visit: http://www.fns.usda.gov/cga/Publications/food_help.htm