Guest Columnist: Tina Skinner

The Summer Food Service Program (SFSP) in Indiana

In Princeton, Indiana, a community where the country's economic turmoil has left many people struggling to make ends meet, a young lady approached her mother with the question, "How are the less fortunate students going to receive proper nutrition during the summer when school meals are unavailable?"

After contacting the Indiana Department of Education and learning more about the Summer Food Service Program, Dakota Hack, a junior at Princeton Community High School worked with her local church to launch the first ever Summer Food Service Program (SFSP).

Volunteers of New Life Church opened a feeding site and prepared and distributed approximately 100 lunches during the first week of the program's operation during the summer of 2010. "We were determined to use our reimbursement funds very carefully and direct every dollar towards upgrading the nutritional quality of our meals," states Debbie Hack, Dakota's mother. We purchased fresh produce straight from the farmers which was a beneficial partnership for both sides.

The planning for SFSP 2011 has already started with the focus remaining on expansion of the program as well as using volunteers to provide children with fun activities in addition to the meal service. "We will continue to do our best to feed the less fortunate," says Debbie as she and Dakota prepare for a new season of SFSP.

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. If interested in becoming a sponsor, or hosting a program feeding site, contact Tina Skinner, SFSP Specialist, at: 1-800-537-1142 or via email at: tskinner@doe.in.gov.
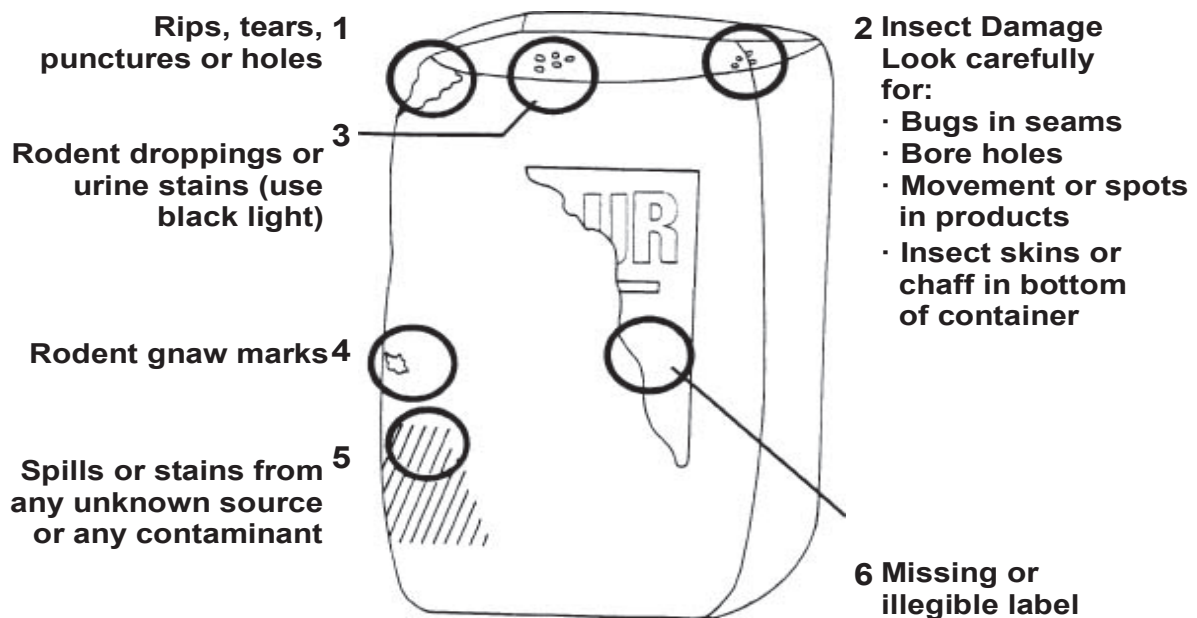
IN THIS ISSUE

This institution is an equal opportunity provider.

Donated Foods: Bagged Containers

Guidelines for Evaluating Bagged and Sacked Food Containers

Discard Bags or Sacks With:

Rips, tears, 1 punctures or holes

3

Rodent droppings or urine stains (use black light)

2 Insect Damage Look carefully for:
- **Bugs in seams**
- **Bore holes**
- **Movement or spots in products**
- **Insect skins or chaff in bottom of container**

Rodent gnaw marks 4

Spills or stains from 5 any unknown source or any contaminant

6 Missing or illegible label

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)

Grapefruit Juice

Grapefruit juice is low in calories, fat-free and high in vitamin C. A 1/2 cup of grapefruit juice counts as 1/2 cup in the Fruit Group. For a 2,000 calorie diet, the daily recommendation of fruit is about 2 cups per day.

Storage:

- Store unopened juice cans in a cool, clean, dry place.
- Store remaining juice in a tightly covered container, not made from metal, and refrigerate.

Uses and Tips:

- Grapefruit juice can be served as a beverage, chilled on its own, or used as a base for punch.
- Blend grapefruit juice with fruit, yogurt, and ice to make a fruit smoothie.
- Mix chopped fruit, grapefruit juice, and chopped nuts for a twist on fruit salad.
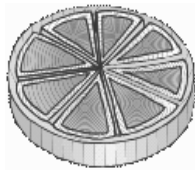
NOTE: Grapefruit juice can interfere with several kinds of prescription medications. Check with your healthcare provider before consuming any grapefruit products if you take prescription medications.

Citrus Smoother

Yield: 4 servings

Ingredients:

2 cups grapefruit juice
2 cups orange juice
1/4 cup honey
1/8 tsp cinnamon (optional)

Directions:

1. In a medium saucepan combine grapefruit juice, orange juice, and honey. If using cinnamon, add.

2. Heat, stirring occasionally, just until warm (do not boil).

3. Serve warm.

Source: USDA Household Commodity Fact Sheet: http://recipe-finder.nal.usda.gov/

Florida's Favorite Chicken

Yield: 2 servings

Ingredients:

2 chicken breast halves	1 Tbsp water
2 Tbsp chicken broth	1 cup grapefruit juice
2 Tbsp onion, chopped	1 Tbsp cornstarch
2 Tbsp walnuts (optional)	

Directions:

1. In a skillet, brown chicken breasts in broth until browned. Chop cooked chicken and set aside. In same skillet, lightly cook onion until clear.

2. Mix cornstarch and water in a small cup and add to onion. Slowly add grapefruit juice and stir constantly until mixture starts to thicken.

3. Mix in chicken and add walnuts. Cook until heated and serve immediately.

Source: USDA Household Commodity Fact Sheet: http://recipe-finder.nal.usda.gov/

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* Underline in ingredients list denotes commodity food ingredient

INDIANA'S
FOOD FOR THE HUNGRY

Important Reminders for Agencies

1. **Online food safety webinar available for new volunteers.**

   A food safety webinar recorded by Indiana's Food for the Hungry in conjunction with the Indiana State Department of Health/The Emergency Food Assistance Program (TEFAP) provides Indiana emergency food programs continuing education on protecting the quality of food and food safety for their clients. To view the webinar, visit: **https://gomeet.itap.purdue.edu/p75569905/**

2. **Keep outlet information up to date with your food bank and Indiana's Food for the Hungry.**

   Update your agency's information with the Directory of Indiana Food Assistance Organizations by completing an agency update form online at: **www.cfs.purdue.edu/safefood/updateOrAddYourInformationForm_2.asp**

3. **Keep temperature logs up to date.**

   Temperature logs should be maintained daily on all refrigerators and freezers within your facility.