

## Ask the Expert: What is Map the Meal Gap?



Map the Meal Gap, a national study conducted by Feeding America and their partners, maps overall and child food insecurity for the nation. This unique study captures information at the county and congressional-district level and encompasses the diverse populations who use emergency food services, including homeless and unemployed populations.

According to the USDA, "Food insecurity is limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways." Many adverse outcomes for adult and child health are associated with food insecurity. Map the Meal Gap informs communities, governments, and charitable food organizations about the severity of this often unrecognized situation in their local communities.

According to Map the Meal Gap data from 2011, 16.3% of Indiana residents experienced food insecurity, which is similar to the nation's food insecurity rates (16.4%). Of

those food insecure residents, 55%, or just over half, were below 185% of the poverty line, qualifying them for WIC and SNAP, and 45%, or almost half, were above 185%, disqualifying them for federal nutrition assistance programs. For a family of four, 185% of the poverty line is \$42,643; 130% is \$29,965.

Child food insecurity rates for Indiana were 22.7% in 2011, which translates to 355,780 children. Of those food insecure children, 69% were income-eligible for federal nutrition assistance programs (income at or below 185% of poverty) and 31% were likely ineligible for federal nutrition programs (incomes above 185% of poverty). This data underscores the importance of the safety net that emergency food assistance programs provide for families in need.

Feeding America has coined the term "the meal gap" to mean "The conversion of the total annual food budget shortfall in a specified area divided by the weighted cost per meal in that area." In other words, "the meal gap" describes

how much money food insecure people are short in their food budget per year. In 2011 in Indiana, "the meal gap," or additional money required to meet food needs, was \$404,160,850.

To find the overall and child food insecurity rates for your county in Indiana, go to <http://feedingamerica.org/hunger-in-america/hunger-studies/map-the-meal-gap.aspx>.

**Sources:** <http://feedingamerica.org/hunger-in-america/hunger-studies/map-the-meal-gap/~media/Files/research/map-meal-gap/2010-MMG-Executive-Summary.ashx>; <http://feedingamerica.org/hunger-in-america/hunger-studies/map-the-meal-gap.aspx>; <http://feedingamerica.org/hunger-in-america/hunger-studies/map-the-meal-gap/~media/Files/a-map-2011/2011-mm-g-exec-summary-final.ashx>; <http://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/measurement.aspx#UelPkNKIFic>

### IN THIS ISSUE

<b>Ask the Expert:</b> Map the Meal Gap	1
<b>Food Safety:</b> Safe Outdoor Cooking	2
<b>Eating Right:</b> Melons	3
<b>In the News:</b> Hunger Action Month	4

# Food Safety:

## Safe Outdoor Cooking



Did you know that the occurrence of foodborne illness increases during the summer months? Outdoor activities where people are away from refrigerators, thermometers, and washing facilities of a kitchen are more frequent during the summer months. Microorganisms are also more likely to flourish in the summer months because of the heat and humidity, an ideal environment for bacterial growth. You can easily prevent foodborne illness when cooking and dining outdoors by following a few simple food safety rules. See the questions below for helpful tips when participating in outdoor cooking activities.

### 1 How far in advance should foods be prepared for an outdoor cooking event?

Preparing foods on the day of your outdoor event is best practice to minimize the chances for bacterial growth. Plan ahead for what to prepare, how to prepare it, and what equipment will be needed. If you plan to take perishable food (ie. meat, eggs, cheese, mayonnaise, etc.), prepare only the amount necessary to avoid ensuring proper transport of leftovers.

### 3 How should I transport hot foods?

Cooked hot foods should be kept at 140°F and taken directly to the cookout location after prepared. When transporting the food, if you do not have an insulated bag with a hot gel pack, wrap hot foods in towels or newspaper, and place inside of a box or brown paper bag. Fully cooked foods that have been refrigerated should be reheated to 165°F within 2 hours.

### 5 If the ice has melted in my cooler, is the food in the cooler still safe to keep?

No, the food should be discarded. If you notice that the ice in your cooler is starting to melt, replenish the ice to prevent the temperature from rising.

### 2 How do you make sure that food in the cooler stays at 40°F or below?

An insulated cooler should be filled with either ice or frozen gel packs and a thermometer should be placed in the cooler. You can make your own “freezer packs” by freezing water in clean milk cartons or plastic containers. Surround the food with the ice or frozen packs instead of setting the food on top of the ice or frozen packs. When transporting the cooler, place it in the passenger section of the vehicle, not the trunk, because the trunk can reach extremely high temperatures. Once outdoors, place the cooler in the shade or cover it with a blanket and do not open it more than necessary.

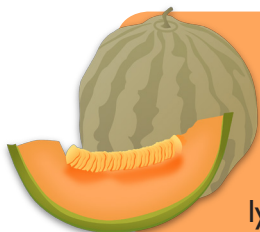
### 4 How long can food sit out before it should be discarded or stored safely as leftovers?

If the temperature outside is higher than 90°F, do not consume foods that have been left out longer than 1 hour. Otherwise, never let perishable food sit for longer than 2 hours. Any leftover food should be placed back inside a cold cooler that can maintain a temperature of 40°F.



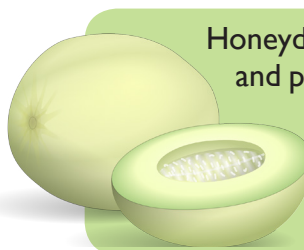
Enjoy a tasty, nutritious treat this summer by choosing melon! Read below to discover the nutritional advantages of cantaloupe, honeydew, and watermelon, as well as how to select a ripe melon.

Prepare all types of melons by washing them under cold, running water with a soft-bristled brush. Washing the outside of the melons before cutting them is an important step to avoid transferring bacteria on the outside of the melon to the inside of the melon. They can be held for a day or two at room temperature to ripen. After cutting, they can be refrigerated for up to one week and should be stored in a plastic bag or container to prevent the aroma from mingling with other foods.



Cantaloupe is rich in vitamins A and C and is a good source of folate and beta-carotene.

Cantaloupe should have raised and evenly distributed netting and be a tan color.



Honeydew is a good source of vitamin C and potassium, and provides B vitamins.

Honeydew melon should have a velvety surface and be a creamy yellow-white color.

### Did you know?

True cantaloupes are not grown or sold in the United States, but any orange-colored flesh melon is often referred to as a cantaloupe.

Netted melons like cantaloupe are called muskmelons. The word "musk" comes from the Persian word for perfume.

Both cantaloupe and honeydew melon should be symmetrical, heavy for size, have a smooth, well-rounded stem end, and have a sweet aroma from the blossom end. Avoid melons with bruises, cuts, or soft spots.

Watermelons are about 90% water, but are rich in vitamins A and C. They are also a good source of the phytonutrient lycopene, which aids in cancer prevention.

Ripe watermelons should feel heavy for size and have well-rounded ends. A creamy yellow spot should be visible where the watermelon was resting.



**Sources:** <http://ohioline.osu.edu/hyg-fact/5000/pdf/5523.pdf>; <http://www.foodsubs.com/Fruitmel.html>; <http://anrcatalog.ucdavis.edu/pdf/8095.pdf>; <http://web.extension.illinois.edu/dmp/palette/070729.html>; <http://www.watermelon.org>; <http://www.fruitsandveggiesmorematters.org/fruit-nutrition-database> **Photos:** [www.pixabay.com](http://www.pixabay.com)

## Personal Watermelon Parfait

### Ingredients

- 3/4 cup corn flakes
- 1/3 cup minced watermelon
- 1/3 cup fresh blueberries or sliced strawberries
- 1/3 cup low fat plain or vanilla yogurt

### Instructions

1. Layer 1/3 of the corn flakes evenly in the bottom of a bowl or large cup.
2. Mix together minced watermelon, blueberries or strawberries and yogurt; spoon half of the mixture evenly over the corn flakes.
3. Sprinkle half of the remaining corn flakes over the fruit mixture.
4. Finish with remaining fruit mixture and corn flakes.

**Recipe (above) adapted from:** <http://www.fruitsandveggiesmorematters.org/recipe?iRID=557>

**Recipe (right) adapted from:** <http://www.bhg.com/recipe/cucumber-honeydew-salad-with-feta/>

\*Underlining denotes a TEFAP commodity food ingredient.

## Cucumber-Honeydew Salad

### Ingredients

- 2 Tablespoons lemon juice
- 1/4 cup oil (ie. olive, canola)
- 1 teaspoon honey
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 medium honeydew melon, seeded and cut into bite-size cubes (about 5 cups)
- 1 cucumber (12 oz), unpeeled, and cubed (about 2 cups)
- 1/3 cup finely chopped onion
- 3 Tablespoons fresh dill weed (or 1 Tablespoon dried dill weed)
- 3/4 cup grated parmesan cheese

Another way to use dill is by sprinkling it over a baked potato or cottage cheese!

### Instructions

1. In a large bowl, pour lemon juice. Whisk in oil in a slow steady stream until incorporated.
2. Whisk in honey, salt, and pepper.
3. Add melon, cucumber, onion, and dill weed.
4. Toss to combine. Just before serving, top with parmesan.
5. Best if chilled up to 8 hours.

Great for picnics and barbeques!

Send comments and/or change of address to:  
Indiana's Emergency Food Resource Network  
Department of Nutrition Science  
Purdue University  
700 West State Street  
West Lafayette, IN 47907-2059  
Phone: (765) 494-8791  
Fax: (765) 494-0906  
Email: [brapp@purdue.edu](mailto:brapp@purdue.edu)  
Website: [www.purdue.edu/indianasefrnetwork/](http://www.purdue.edu/indianasefrnetwork/)

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

## Hunger Action Month: September 2013



September is Hunger Action Month, a campaign supported by Feeding America. The first "Hunger Action Month" took place in September 2008 and replaced "Hunger Awareness Day," which previously occurred during the month of June. This month's theme is "Together, We Can Solve Hunger."

The national kick-off event for Hunger Action Month will be September 5th, 2013, which is "Go Orange For Hunger." On this day, Feeding America encourages everyone to wear the color orange in support of hunger-relief. Share your photos on Feeding America's Facebook and Twitter page!

During Hunger Action Month, take part in the SNAP Challenge and live on \$4.50 a day, the per person benefit provided by SNAP. Other ways to get involved include donating food, money, and time, engaging local media, and organizing community events, such as a food drive or bake sale to raise money for the local food bank.

The goal of Hunger Action Month is to raise awareness about hunger and encourage everyone to get involved in ending hunger in America. Check with your local food bank for special events or activities that you can participate in. For more information, visit <http://feedingamerica.org/get-involved/hunger-action-month.aspx/>.