



# Safe Food for the Hungry

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

Spring 2000

## Growing Up In Poverty

Look around you. One in every ten people you see lacks the financial resources to cover basic needs.

While most of Indiana is reaping the rewards of record-level economic growth, higher incomes, and a low unemployment rate, an estimated 680,000 Hoosiers (more than a third of them children) are living in poverty.

According to Aadron Rausch, Purdue Extension Specialist and Assistant Director for the Purdue Center for Families, "Recent

policy changes have reduced welfare dollars to families and forced educators and human service providers to rethink the way that they work with families. We need to understand how policy changes affect families in poverty."

As an aid to understanding the dynamics of Indiana as a whole and each of the 92 counties individually, the Purdue University Cooperative Extension Service, in cooperation with the Purdue Center for Families and the Indiana University Business Research Center, produces a bi-annual report called *The Status of Indiana Families Today and Tomorrow*.



Communications Media Distribution Center, 301 S. Second Street, Lafayette, IN 47901-1232 (1-888-EXT-INFO).

There is a charge of \$2 for each county report. State county comparison copies are \$25, and the full report, which includes county profiles and county and state comparisons, is \$69.

For more information about the report, contact Aadron Rausch at 1-888-EXT-INFO.

This report, which was recently updated, details a range of helpful information on a county-by-county basis, including:

- Demographics
- Business trends
- Poverty information
- Education and employment
- Health and well-being.

You can obtain a copy of the *Profile for Individual Counties* for your county or the complete report from the Purdue Agricultural

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# What's For Dinner?

*What's for dinner? I don't know about you but this decision is always a chore for me.*

*Questions like, how much time do I have before the family comes home, what's in the pantry and refrigerator, what do I feel like cooking, pop into my head.*

*Imagine how much more difficult these decisions would be if you lacked food resources or had limited knowledge of cooking—problems faced by many of your guests.*

*Here are two very easy and quick-to-make recipes that you can share with your guests.*

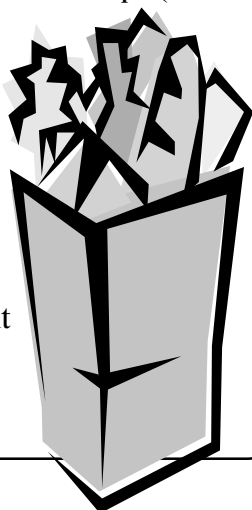
*To encourage them to try something new, consider having a batch available for taste-testing—but remember food safety rules!*

## Dinner-To-Go

Individuals with limited time, knowledge, and/or cooking skills might appreciate a meal-in-a-bag.

Package the ingredients for a simple dinner with the recipe (like the ones shown here) and have them on hand to offer your guests.

If your clients like this idea, you could feature a different recipe each month.



## Quick Casserole (Serves four )

### Ingredients

- 7 ounce package of macaroni
- 1 can cream of mushroom soup
- 1 cup milk
- 7 ounce can of tuna, drained and flaked\*

### Directions

1. Preheat oven 350 F.
2. Cook the macaroni according to package directions. Drain.
3. Mix macaroni, soup, milk and tuna and pour into a 1½ quart casserole.
4. Bake for 20-25 minutes.

*\*You can substitute chopped luncheon meat, ham, franks, sausage, or cooked chicken or turkey for the tuna.*

## Spaghetti with Black Bean Sauce (Serves four )

### Ingredients

- 8 ounces dried spaghetti
- 2 Tablespoons oil
- 1 cup diced onion
- 1/3 cup water
- 15 ounce can black beans, drained and rinsed
- 8 ounce can tomato sauce
- 15 ounce can diced tomatoes
- 2 teaspoons Italian seasoning

### Directions

1. Cook spaghetti according to package directions. Drain in colander.
2. Meanwhile, in a large nonstick skillet, heat the oil and saute the onion until golden—about 1 or 2 minutes.
3. Add the rest of the ingredients and bring to a boil. Reduce heat to simmer and cook until the sauce is thick, about 4 minutes.

Serve hot over cooked spaghetti.

# Learn Your ABC's

*The Dietary Guidelines for Americans, 2000, carries three basic messages—Aim For Fitness, Build A Healthy Base, and Choose Sensibly. They call them the ABC's to point the way to good health.*

*Under these three topics are nutritional guidelines intended for healthy children (ages 2 years and older) and adults of any age.*

*Share these guidelines with your guests so that they can make informed nutrition choices for themselves and their families. You may wish to make a poster to display in your facility or include a copy in food bags.*

*Consider working with your local Cooperative Extension Office to provide presentations or workshops based on the guidelines (1-800-EXT-INFO).*

## Aim, Build, Choose For Good Health

### **A** Aim for fitness.

- Aim for a healthy weight.
- Be physically active each day.



### **B** Build a healthy base.

- Let the Pyramid guide your food choices.
- Eat a variety of grains daily, especially whole grains.
- Eat a variety of fruits and vegetables daily.
- Keep food safe to eat.



### **C** Choose sensibly.

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods that limit your intake of sugars.
- Choose and prepare foods with less salt.
- If you drink alcoholic beverages, do so in moderation.

# Time To Plant!

*Spring has sprung,  
the grass is riz,  
I wonder where  
the gardeners is?*

Pardon the bad poetry, but in Lafayette, volunteer gardeners are busy growing produce to supplement the diets of shelter guests.

As they have done for the past three years, shelter volunteers are cultivating an organic garden on the south side of the Lafayette Urban Ministry shelter building.

The initial ground breaking in 1998 turned a patch of scrub into two good-sized garden plots.

Since then every spring, volunteers add manure, rake, and plant seeds.

Shelter guests determine what crops to plant, according to Lafayette Urban Ministry director Joe Micon. Tomatoes, lettuce, radishes, peppers and green onions are the favorites, with green beans and sunflowers (for color), added if space permits.



*Lafayette Urban Ministry shelter volunteers Phil Thompson, Mark Anderson, Stephen Anderson, and Jo Johannsen prepare the ground for planting.*

Local volunteers join with many shelter guests to seed, weed and care for the garden.

Those of you who enjoy the quiet times you spend in your own garden may understand how some of the homeless long for time off the streets to dig, weed, water, and

tend plants. These plots let them do just that.

The bonus comes when the plants mature and the shelter guests dine on fresh, straight-from-the-garden vegetables.

Not only do these taste great but fresh fruits and vegetables are also important in helping reduce the risk of heart disease and certain types of cancer.

Look at the area around your building. Do you have some spare ground at your facility that could become a garden plot?

If not, consider asking home gardeners to “grow a row” and donate the produce to the pantry for someone in need.

The reward will come in the summer when guests enjoy the flavor as they sink their teeth into a luscious home grown tomato.

*By Isobel Miller*

## Feed the Hungry With a Click

Every time you read about something new it's “on the web.” Here's a web address that can help feed the hungry with just a click of your mouse—the Hunger Site at the UN:

**[www.thehungersite.com](http://www.thehungersite.com)**

Click a button and somewhere in the world some hungry person gets a meal to eat, at no cost to you. The food is paid for by corporate sponsors (who gain advertising in the process because you see their logo).

What could be simpler, just go to the site and click. But you're only allowed one click per day. Spread the word to others. It's certainly the easiest way I know to help with world hunger.

## Waste Not, Want Not

*Gleaning means  
“To gather, after a reaper,  
the ears of grain  
left ungathered.”*

Poverty levels in Indiana, while lower than in some parts of the country, still leave many Hoosiers with insufficient resources to meet their needs.

All too often, the food budget is sacrificed in order to pay the rent, or keep the utilities on.

Indiana feeding programs are reporting increased use in the wake of Welfare Reform, perhaps you've noticed increases in your program?

Some of the clients visiting your feeding site may be victims of a catastrophic event, like a sudden illness, job loss, or fire. They may need your help for a limited time until they can pick up the pieces and get back on their feet.

Increasingly, however, visitors to feeding programs represent the working poor, the underemployed, and the unemployable. These individuals may need help on a long-term basis.

Meeting the growing need for safe, nutritious, and appealing food presents a challenge for your program—a challenge that may be met, at least in part, by a process known as gleaning. But what exactly is gleaning?

*How can your program  
utilize otherwise wasted food  
to better meet the needs  
of your clients?*

According to Webster's Dictionary the word glean means “To gather, after a reaper, the ears of grain left ungathered.”

The United States Department of Agriculture (USDA) refers to gleaning as an activity that recovers safe, edible food, regardless of the source.

America wastes more than one quarter of its food each year (about 96 billion pounds)! While not all of this food is edible, much of it is and can be used to feed the hungry.

How can your program glean and utilize otherwise wasted food to better meet the needs of your clients?

The USDA and the Environmental Protection Agency (EPA) recently published, *Waste Not Want Not—Feeding the Hungry and Reducing Solid Waste Through Food Recovery*, as a guide to help you find and make use of gleaning opportunities.

The guide contains background information, case studies, partnership information, federal assistance, how to's, safety and liability information, and references.

You can find it on the web at:

**[http://www.epa.gov/epaoswer/  
non-hw/reduce/wastenot.htm](http://www.epa.gov/epaoswer/non-hw/reduce/wastenot.htm)**

Whether you recover food from farm fields, commercial kitchens, manufacturing plants, markets, schools, or restaurants, you'll be part of a national movement that is working daily to ensure that good food goes to the dinner table instead of going to waste.



# Tips For Keeping Foods Safe

*Food poisoning! How those words upset us, in more ways than one!*

*“It must have been something I ate” is often our first reaction when we feel ill, but it may be more than that. Not following safe food handling practices can result in illness, and even death.*

*Following the Safe Food Rules below will help keep food safe for you and your clients.*

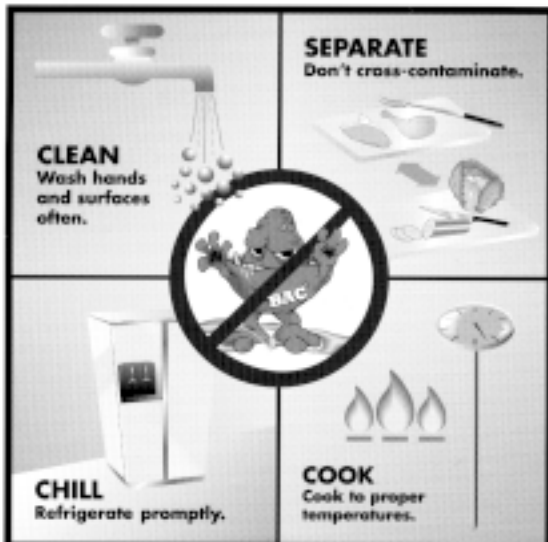
- Wash your hands before and after preparing food. If you have a cut on your hands, wear latex or plastic gloves.

- Don't leave cooked foods sitting on the stove or countertop for long—divide them in small containers and get them into the refrigerator or freezer as soon as possible.

NEVER leave food sitting out for more than two hours. Bacteria can divide every 15 minutes. Within two hours five microorganisms can become 1280!!!!—enough to make you ill.



## FIGHT BAC!



Keep Food Safe From Bacteria™

- Cook foods to an internal temperature of at least 165° F to destroy any bacteria.

- Check your refrigerator temperature regularly. Make sure it stays below 40° F. This temperature won't kill the bacteria but it will slow their growth.

- Never let raw meat, poultry or fish come in contact with other foods. The bacteria from the raw foods can easily contaminate them.

- Keep dishcloths and sponges clean and sanitized. For a quick clean, pop the sponge in the dishwasher when you do a load of dishes or soak in a bleach solution containing 1-2 teaspoons of bleach per gallon of water. Allow to dry between uses.

- Wash cutting boards and countertops with hot water and soap and sanitize with a bleach solution (see above) or sanitizing agent after each use.

- Always write the date on containers of leftovers. Stored in the refrigerator, leftovers will usually be safe to eat for 3-5 days. Discard food after that time.

- Wash all fruits and vegetables under clear running water before you eat them.

## DIRECTORY UPDATE

That breeze you all felt wasn't the spring wind—it was us breathing a sigh of relief as the “*Directory of Food Assistance Organization in Indiana—1999*” is almost done!!!

It's at the printer and we hope to be able to send it, within the next month, to those who requested one—over 250 copies.

The 1997 *Directory* is already on the web so until the update is available, you can find locations of emergency feeding organizations in your area or anywhere in Indiana by checking out the Safe Food for The Hungry web site at:

<http://www.cfs.purdue.edu/safefood/sfhungry.html>

then choose “Organization Database” to go to the database search page.

### Last Chance!

This is your last chance to order your FREE copy of the updated “*Directory of Food Assistance Organizations in Indiana 1999.*” Remember only one per organization, please. Return the order form to receive your hard copy.

## Solve The Puzzle

Ready for breakfast?

See how many foods (10) you can find that you often eat at breakfast time.

					L					
				A	T	S				
			E	I	S	O	Y			
		R	U	Q	E	S	A	R		
	E	R	J	U	K	I	G	S	U	
C	F	Y	U	L	A	U	C	Y	T	P
	T	J	I	I	C	S	Y	H	Y	
		M	C	T	N	G	A	L		
			E	E	A	G	L			
				A	P	E				
					J					

**Solution**  
 Cereal, Pancakes, Fruit, Milk, Juice, Syrup,  
 Eggs, Toast, Jelly, Tea

# FREE

## DIRECTORY OF FOOD ASSISTANCE ORGANIZATIONS IN INDIANA

To receive your free copy (limit one per organization) of the *Directory of Food Assistance Organizations In Indiana*, complete the following information and return this page to the address at right.

Name \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_  
 \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

e-mail \_\_\_\_\_

Mail to:

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Spring 2000

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