



Safe Food for the Hungry

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

Winter 2000

Are Your Clients Eligible For Food Stamps?

According to Theodore Bell, regional administrator of the United States Department of Agriculture (USDA), food stamp participation is dropping faster than the poverty rates are falling.

The USDA fears that this decline in food stamp participation may be the result of decreases in the number of people eligible for Temporary Assistance for Needy Families (TANF).

Many individuals may not realize that, although they don't qualify for TANF, they may still be eligible to receive food stamps.

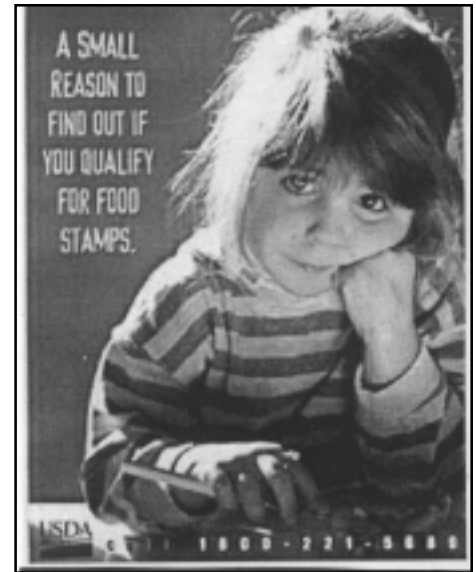
To address this problem, the USDA has initiated a new education campaign to ensure that all eligible individuals know about and have access to food stamp assistance. The campaign materials include brochures, flyers, and posters in English and in Spanish.

They target four low-income audiences: the general population, the

elderly, working families, and households with legal immigrants.

USDA has created a web site where you can view and download the available information by logging on to: <http://www.fns.usda.gov/fsp/fsp-outreach1/>

The Food Stamp Program has always played a vital role in helping low-income families purchase food to improve their diet. Help your clients understand the eligibility requirements for Food Stamps by posting information at your feeding site.



ON THE MENU

EATING RIGHT	
Follow The Guidelines	Page 2
IN THE KITCHEN	
Fast And Flexible	Page 3
PERSONAL GLIMPSES	
Stafer Conducts Cooking Classes	Page 4
TIPS AND REFERENCES	
Anagrams	Page 4
Nutritional Needs	Page 5
Eat Right-Real Right	Page 7
FOOD SAFETY	
What Package Dates Mean	Page 6
WHAT'S HAPPENING	
Directory of Organizations	Page 7

Happy New Year!

During the holidays you may have enjoyed getting together with family and friends to celebrate and EAT!

Every family has their own favorite recipes which have evolved over the years and are now holiday traditions. Grandmother's apple pie, Mom's turkey and dressing, mmm-mmm, these are the foods that bring back happy memories of holidays gone by.

Holiday time, however, can be hard for people who use the services of emergency feeding programs. They may not have the financial or physical resources to celebrate the way they'd like.

Add to the mix the special needs of winter—increased heating costs, growing children needing heavy,

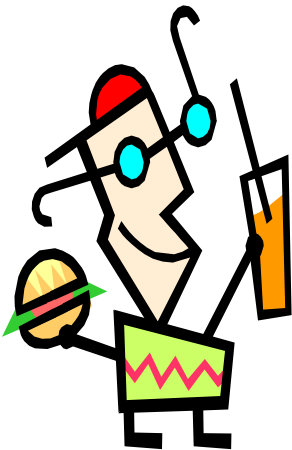
warm clothes—and food may be the last item on their spending list.

Fortunately, emergency feeding organizations, like yours, are there to help. Food drives, cake or pie bakes, and food baskets provide nutrition to many who would otherwise go without during the holidays and throughout the year.

One in ten Americans rely on emergency food. So, when you are re-stocking shelves know that without your helping hand, life would be very bleak for a great many people.

As we begin a new century we can only hope that the need for your services declines. In the meantime, pat yourself on the back and keep up the good work.

Follow The Guidelines



“You are what you eat.” It’s one of those sayings we often hear, but what does it mean? Obviously you don’t look like a head of broccoli or a slice of pepperoni pizza!

But, the food you eat does affect your weight, your skin, your eyes, and how you feel and function. The United States Department of Agriculture (USDA) published “Seven Dietary Guidelines for Americans” with the best advice from nutrition scientists.

You can help your clients achieve better nutrition and overall health by posting the guidelines or having copies available for them to take away.

1. Eat a variety of foods. Since no one food group is more important than another, be sure to eat a variety of foods every day including: fruits, vegetables, dairy, meat, and bread.



2. Maintain a healthy weight. A healthy body weight can reduce your risk of having high blood pressure, heart disease, a stroke, certain cancers, and the most common kind of diabetes. Check your ideal height/weight with this abbreviated Institute of Medicine “Suggested Weight for Adults” table. The higher weights in the range generally apply to men who tend to have more muscle and bone than women.

Suggested Weight for Adults

Height	Weight (lbs) 19-34 yrs old	Weight (lbs) 35 years and older
5’0”	97-128	108-138
5’2”	104-137	115-148
5’4”	111-150	122-157
5’6”	118-150	130-162
5’8”	125-164	138-178
5’10”	132-174	146-188
6’0”	140-184	155-199

3. Choose a diet low in fat, saturated fat, and cholesterol. This will help reduce your risk of heart attack and certain types of cancer. Because fat contains over twice the calories of an equal amount of carbohydrates (bread, pasta etc.) or protein (meat, poultry etc.), a diet low in fat can help you maintain a healthy weight.

4. Eat a variety of vegetables, fruits and grain products. These foods provide vitamins, minerals, carbohydrates and fiber.



5. Use sugars sparingly. Sugar has many calories, few nutrients, and can contribute to tooth decay.

6. Use salt in moderation. This will help reduce your risk of high blood pressure.

7. If you drink alcoholic beverages, do so in moderation. Alcoholic beverages supply calories, but little or no nutrients. Alcohol is also the cause of many accidents, and may contribute to health problems and birth defects.

These simple steps, if followed, will go a long way towards achieving and maintaining good eating habits. Encourage your clients when they are choosing their foods to remember the guidelines.



FAST AND FLEXIBLE

No, this is not an article on exercising—it's suggestions for getting a meal on the table in short order without relying on expensive prepared or carry-out foods!

"Fast and Flexible Low Cost Recipes for a Family or Fifty," a cookbook published by the Purdue University Cooperative Extension Service, comes complete with recipes for low cost meals—whether you're cooking for a family or a crowd.

The *Fast and Flexible* cookbook gives the same recipe for a family on the front of the page (you could copy this to include in a food bag) and for fifty (for use in a meal program) on the flipside.


There are 34 recipes from breakfast to soups, salads, vegetables, meats and desserts. Most include suggestions for adapting the recipe if you don't happen to have all the ingredients on hand. Nutrition information, food safety tips, and a week's worth of sample dinner menus are also included.

Although the target population for the cookbook is limited-resource audiences and emergency feeding programs, busy parents, college students, and others with limited time, money, and/or cooking skills, (the ability to use a can opener is the main skill required), find that the recipes in *Fast and Flexible* provide a welcome and less expensive change from the local fast food carry out.

If you'd like to purchase a cookbook, it costs \$5.00 (catalog number CFS-657) and is available from Purdue Agricultural Communications Service Media Distribution Center 301 South Second Street Lafayette, IN 47901-1232 Or phone 1-888-398-4636

SERVES 8


HEARTY HAM & BEAN SOUP



DIRECTIONS:

- Put water and undrained beans in a saucepan. (See tip box if using dried beans.)
- Add remaining ingredients.
- Bring mixture to a boil and reduce heat. Simmer, covered, for about 1 hour or until beans and vegetables are tender.
- If using hocks or bones, remove from soup and slice off meat. Discard bones. Chop meat and add to soup.
- Add salt, pepper, and seasonings to taste.

PER SERVING NUTRITION



151 CALORIES

TIP BOX:
Make soup using dried beans as follows: Place 1 cup of beans in saucepan with 8 cups of cold water. Bring to a boil, reduce heat, and simmer, uncovered for 2 minutes. Remove from heat, cover, and let stand at room temperature for 1 hour. Drain beans and rinse in cold water. Use cooked beans plus 1 cup of water in place of canned beans.

INGREDIENTS


Beans 15 ounce can (navy, great northern, pinto, black)
Water 3 cups
Hams
Hocks 1 1/2 pounds or Bones 1 1/2 pound or Cut-up Ham 1/4 pound
Sliced Vegetables 1 1/2 cups or 16 ounce can (any combination of carrots, potatoes, celery, peas, corn, etc.)
Chopped Onion 1 cup
Dried Mixed Herbs 3/4 tsp (basil, oregano, garlic)
Pepper 1/4 tsp
Salt 1/2 tsp

FIESTA STYLE
Turn plain bean soup into fiesta bean soup by adding 1/2 of a 6 ounce can of tomato paste and 1/2 cup chopped green chiles to the soup. Adjust seasoning to taste.

RECIPE

SERVES 50


TAMALE PIE



DIRECTIONS:

- Preheat oven to 400° F.
- Brown meat and drain off fat. Stir in beans.
- Put corn starch or flour in a small bowl. Add juice from tomatoes and stir to a paste. Add paste to the meat/bean mixture and stir well.
- Stir in tomatoes, peppers, onion, chili powder, and garlic. Cook and stir until mixture is thickened and bubbly.
- Spoon mixture into five 13x9x2 inch baking pans or two 20x12x2 inch counter pans. Top with one of the toppings listed in the box and bake.

PER SERVING NUTRITION



151 CALORIES

TOPPING:
Cornbread Topping: Make 2 recipe of Classic Corn Muffins (for 48) as described in Recipe 28, or prepare five 14 - 18 ounce corn muffins or cornbread mixes according to package instructions. Spread over hot meat and bean mixture and bake for 20-25 minutes for small size or 35 minutes for full size pans or until a wooden toothpick inserted into the center of the topping comes out clean.
Quick and Crunchy Topping: Slightly break up 20 cups of corn chips. Sprinkle over the meat/bean mixture and bake until bubbly.

INGREDIENTS

Ground Meat 4 pounds (any combination, beef, lamb, pork, turkey, or bulk sausage)
Canned Beans five 15 ounce cans, drained (great northern, navy, kidney, pinto, or black)
Corn Starch or Flour 2/3 cup corn starch or 1 1/3 cup flour
Onions 2 1/2 lbs, chopped or 1/3 tsp, mixed or 2 Tbl. powder
Chili Powder 1/2 cup plus 4 tsp.
Garlic 5 cloves minced, or 1 Tbl. plus 1 tsp. garlic salt, or 1 1/4 tsp. powder
Tomatoes - cut up five 28 ounce cans
Peppers three 7 ounce cans, drained or 2 1/2 cup fresh green chili peppers or chopped red or green sweet peppers

VEGETARIAN
To make this a vegetarian dish, omit the meat and double the beans!

RECIPE

Shafer conducts cooking classes in church food pantry

In the last issue of the Safe Food for the Hungry newsletter we suggested contacting the Consumer and Family Science Educators in your County Extension Office for help with nutrition programs in your facility.

Read on to find out how Vickie Shafer, an Expanded Foods and Nutrition Education Program (EFNEP) assistant in the Grant County Cooperative Extension Office, conducts cooking classes to show guests at the local church food pantry how to use foods they have on hand.



Vickie Shafer

As an EFNEP program assistant in Grant County, I have an opportunity to work with limited-resource women in their homes.

Many of my clients rely on food pantries to supplement their family's food supply.

I often notice, during my home visits, food products obtained from the pantry that are not being used.

My clients tell me that these foods are either unfamiliar to them or that they don't know how to prepare them.

So I worked with the food pantry to establish a cooking program on site. I use a traditional cooking show format with pantry clients watching a demonstration and then sampling the product.

As well as teaching ways to prepare the food, I also add nutrition information and food safety tips.

All of the participants receive copies of the prepared recipes and all the necessary ingredients to make them at home. Women who attend the program feel a great sense of accomplishment when they are able to provide a nourishing meal for their family.

For instance, in one program I taught the women to prepare homemade noodles using flour, eggs, water and salt. One of the participants later reported the satisfaction and pride she felt at being able to prepare her own noodles for her family.

Thanks, Vickie. This program is helping the food pantry better serve their clients by providing food and instructions that allow better utilization of available foods. Would a program like this work in your pantry? To find out how you can work with the Cooperative Extension Service staff in your area call 1-888-EXT-INFO.

ANAGRAMS

Can you unscramble the following words? They all have a food, nutrition or health connection. (To start you off, the first one is done for you and the first letter in each word is capitalized.)

- kIMi M I L K
- uNttrensi _ _ _ _ _
- ynregE _ _ _ _ _
- amistinV _ _ _ _ _
- tMea _ _ _ _
- sIMriean _ _ _ _ _
- seheeC _ _ _ _ _
- draeB _ _ _ _ _

- rFtui _ _ _ _ _
- gtsbVeeeaL _ _ _ _ _
- seniPrto _ _ _ _ _
- laCcmui _ _ _ _ _
- aensB _ _ _ _ _
- iehgWt _ _ _ _ _
- roCahdtsebyra _ _ _ _ _
- grYotu _ _ _ _ _

Milk, Fruit, Nutrients, Vegetables, Energy, Proteins, Vitamin, Calcium, Meat, Beans, Minerals, Weight, Cheese, Carbohydrates, Bread, Yogurt



One Size Doesn't Fit All!

Everyone needs the same nutrients (proteins, fats, vitamins, minerals and water) in their daily diet. But, the amounts needed change throughout the life cycle.

When providing food for your guests, keep in mind the nutritional requirements of individuals and families.

For example:

« Nutritional needs increase substantially if a woman is pregnant or breast-feeding.

« Infants and toddlers have special dietary needs because of their rapid growth and development.



« Proper nutrition is very important for small children in their early years to meet both their immediate needs and to store nutrients for future growth.

« Most school-age children will need more calories for growth and activity.



« Teenagers are in a time of tremendous growth and need at least three servings of milk, cheese or yogurt daily to meet their calcium needs.

« Although adults may need fewer calories, their nutrient needs remain fairly constant so they should choose foods mostly from the lower $\frac{3}{4}$ of the Food Guide Pyramid.



« As people age and their activity level decreases, their bodies need fewer calories, but about the same number of nutrients.



Dates on Food Packages—What Do They Mean?

Adapted from Sue Butkis, Washington State University Cooperative Extension and the UDSA Food Safety and Inspection Service

Date labels are common on many types of food packages but what do they mean?

Is it safe for your program to use or distribute food after the package date? The answer is—it depends!

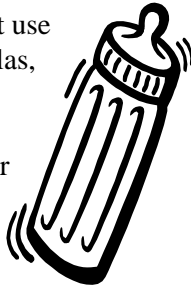
Except for infant formula and some baby food, product labeling is not required by Federal regulations. Most date labels are voluntarily included by the manufacturers to help stores determine how long to display the product for sale. It can also help consumers know when the product is at its best quality. **Date labels are not a safety date.**

Use the information below to help you decide which outdated foods to distribute and which to discard.

'Expiration' or 'Use By' Dates

For example: “Expires 12/14/99” or “Do not use after 12/31/99” will be seen on infant formulas, yeast, baking powder, and cake mixes.

Don't give out infant formulas, baby food, or vitamins after the expiration date—they may lose their effectiveness, and yeast, baking powder and the raising agents in cake mixes may not work if past their expiration date.



'Pack' Dates

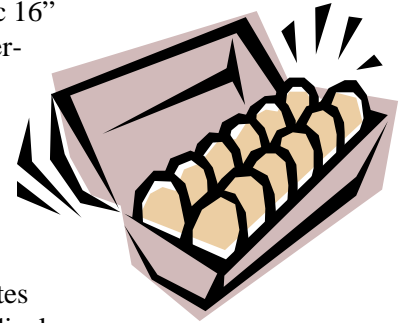
For example: “Packed on 9/23/99.” This one is easy to understand. Or “192 VIG 2109.” This is a manufacturer's code which is not easy to understand unless you have access to their coding system.

Pack dates are usually found on items like canned fruit, vegetables, meat, fish, and spices.

Usually this food is of good quality for 12-18 months after the date. Remember to carefully check all cans, and especially the outdated ones, for sharp dents on the seam, holes, rust and swelling and discard them immediately if you see this type of damage.

'Pull' or 'Sell -By' Dates

For example: “Sell by Dec 16” is usually found on refrigerated foods such as milk, yogurt, cottage cheese, cream, eggs, lunch meat and packaged salad mixes.



These “pull or sell-by” dates tell the store how long to display the product for sale. A product should be safe, wholesome and of good quality if handled properly and kept below 40°F for another week or more past the date. However, if at any time food develops an “off” flavor, odor or appearance, discard it.

'Quality' Dates

For Example: “Best if used by 12/14/99” will be found on baby food, packaged mixes, cold cereal and peanut butter.

This date is an estimate for how long the food will be in top quality. Past this date means that the food may begin to develop off-flavors. Remember, DON'T use or distribute baby food that is past the quality date. Other products can be used as long as the quality is acceptable.



So, how do you decide how long you can safely distribute products?

Unfortunately there are no hard and fast rules. First, check with your local Health Department to determine if they have any regulations. If not, you must rely on your own judgment.

A good rule of thumb— never distribute food you would feel uncomfortable eating or feeding to your children.

Directory Update

Thanks to all of you who requested a copy of the "Directory of Food Assistance Organizations In Indiana-1999."

Since locations and contacts change frequently, and to make sure the Directory is as up-to-date as possible, we are in the process of re-checking listings with the Emergency Feeding Organizations. This has delayed printing a bit. But don't worry, if you requested a Directory, we have your name and you will receive your copy as soon as they are published.

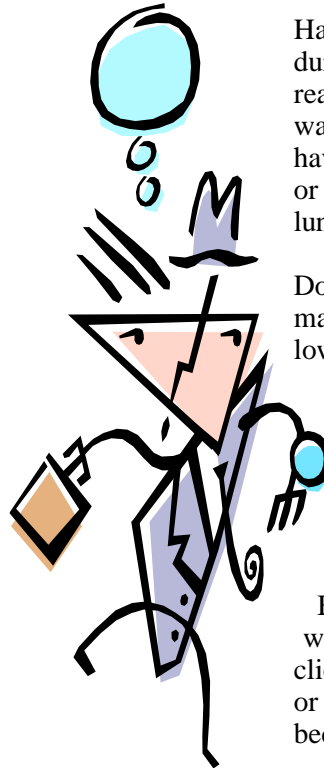
In the meantime, don't forget to check out the searchable on-line version at:
<http://www.cfs.purdue.edu/safefood/search.html>

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 or access the Directory for organizations in your area by going to our web address: <http://www.cfs.purdue.edu/safefood/search/html>

Eat Right-Feel Right!



Have you ever felt dizzy during the day and realized that maybe it was because you didn't have time for breakfast or were too busy to eat lunch?

Does feeling hungry make you irritable or lower your energy level?

Both physical and emotional reactions can result from erratic eating habits and poor nutrition.

Bear this in mind when dealing with clients—if they are angry or listless, maybe it's because they're hungry!

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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Winter 2000

This newsletter is created by the Cooperative Extension Service staff in the Department of Foods and Nutrition at Purdue University, with funding from a Community Foods and Nutrition Block Grant administered by the Family and Social Services Administration, Division of Family and Children, Housing and Community Services Section.

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