



# Safe Food for the Hungry

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

Fall 2001

## Potatoes Finally Arrive at Purdue's West Lafayette Campus!

After waiting, and waiting, and waiting, the potatoes finally arrived at the Purdue campus on Friday, July 13, 2001 after 5:30 p.m. There were 45,000 pounds of them or the weight of four elephants! That is about one pound of potatoes for every person in Lafayette, Indiana.

Originally, the potatoes were scheduled to arrive in the morning and volunteers from the 8<sup>th</sup> International United Methodist Men's Congress were to bag them into 10 pound bags in the afternoon. Unfortunately, due to a truck breakdown, the potatoes arrived too late for the volunteers to bag them. Since there wasn't anyone to bag the potatoes, most of the potatoes were loaded as is onto the truck from the Food Finders Food Bank of Lafayette and taken to the food bank's warehouse. Some local agencies arrived with their trucks, but since the truck with the potatoes arrived so late, they ended up coming back the next week to pick up as many potatoes as they could use from the Food Finders warehouse. The potatoes that a farmer in North Carolina donated to help feed the hungry were fresh potatoes that need to be kept refrigerated and



*Bags and bags of potatoes at the Food Finders warehouse.*

eaten within six months of harvest. If the potatoes are not used in that time period, they will not be edible. The potato drop event on the Purdue University campus was part of a church wide anti-hunger campaign addressed during the 8<sup>th</sup> International United Methodist Men's Congress.

The men attending the conference learned about hunger relief and the role of the Society of St. Andrew in providing food for the hungry. I had the pleasure of talking with Del Ketcham, a Hunger Relief Advocate for the Society of St. Andrew. He helps organize potato drops, such as the one at Purdue, in the east, and midwest areas.

The Society of St. Andrew was started when one day, two ministers were walking by a potato field and noticed that there were a lot of nice potatoes in the fields. Seeing the farmer nearby, they asked about the potatoes. The farmer stated that he had already harvested his potatoes and that the ones in the fields were just waste from the harvest. The ministers asked if the farmer would donate the potatoes to feed the hungry. The farmer was agreeable and a new ministry was born. The Society of St. Andrew uses volunteers to harvest or glean leftover potatoes and pack



*Del Ketcham, Hunger Relief Advocate for the Society of St. Andrew, discusses the mission of his organization with the Methodist Men's Congress.*

*Continued on page 2*

## It's Mealtime in Madison County!

Children from low-income homes in Madison County and vicinity have been eating meals at their local Kid's Café. These Cafés are held at local community centers, low-income housing units, and churches. To improve the program, two agencies in Madison County, the Second Harvest Food Bank East Central Regional Indiana (E CENT), and the Expanded Food and Nutrition Education Program (EFNEP) collaborated to provide healthy meals for children and additional nutrition education. This extra programming was made possible when Ginger Slaven, Program Director of E CENT, received a grant to provide funding to include nutrition education with the Kid's Café Program. Some of the goals of the educational program were to:

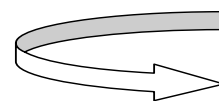
- Provide healthy food for kids at a mealtime setting.
- Increase consumption of fruits and vegetables.
- Increase awareness of what food does for kids.
- Create awareness of the importance of hand washing and proper food handling.

Family Nutrition Advisor Lynn Schocke presented these nutrition education activities as a part of her work with the Expanded Food and Nutrition Education Program. Lynn offered nutrition lessons at the Kid's Café sites twice a week for six weeks from a series titled Exploring the Food Guide Pyramid. During Kid's Café, children learned about good nutrition and food safety, while also having fun, and enjoying a nutritious meal. The children ate a wide variety of fruits and vegetables throughout the program. According to Ginger Slaven, "The kids found out they liked fruits and vegetables that they didn't think they would like," and "The kids also felt like they were getting something special." The Kid's Café in Madison County has not only been successful, but educational as well, and continues to serve meals to needy children.

*Information for this article was submitted by Sharon Score, EFNEP Supervisor, Area VII and Area VIII.*

*Do your clients know how to select a variety of nutritious foods from your pantry?*

*The poster on the next page shows how common food pantry donations fit into a healthy diet.*



*Put a copy of this poster in the lobby of your food pantry for clients to refer to when choosing food for their families.*

*Encourage them to select foods from all of the different groups for preparing a healthy meal at home.*

*Potatoes continued from page one*

them for shipping and distribution. The Society also arranges for any transportation needed to get the potatoes to the agencies that will distribute them. The Society's main focus is potatoes but they also glean and distribute other fresh produce. At this same conference, the Methodist men gleaned 38 pints of raspberries, 100 pounds of green beans and 60 to 80 pounds of peas during the morning of Friday, July 13 at Earthcraft farms. In addition to gleaning, the Society redirects rejected loads of potatoes and other produce to soup kitchens and food pantries. This ministry, titled the "Potato Project," has been very successful. The Potato Project has delivered 17 million pounds of food per year to the nation's hungry. In Indiana alone, 2,304,383 pounds of food resulting in 6,913,149 servings has been distributed since 1983. For more information on the Society of St. Andrew, check out their website at [www.endhunger.org](http://www.endhunger.org)

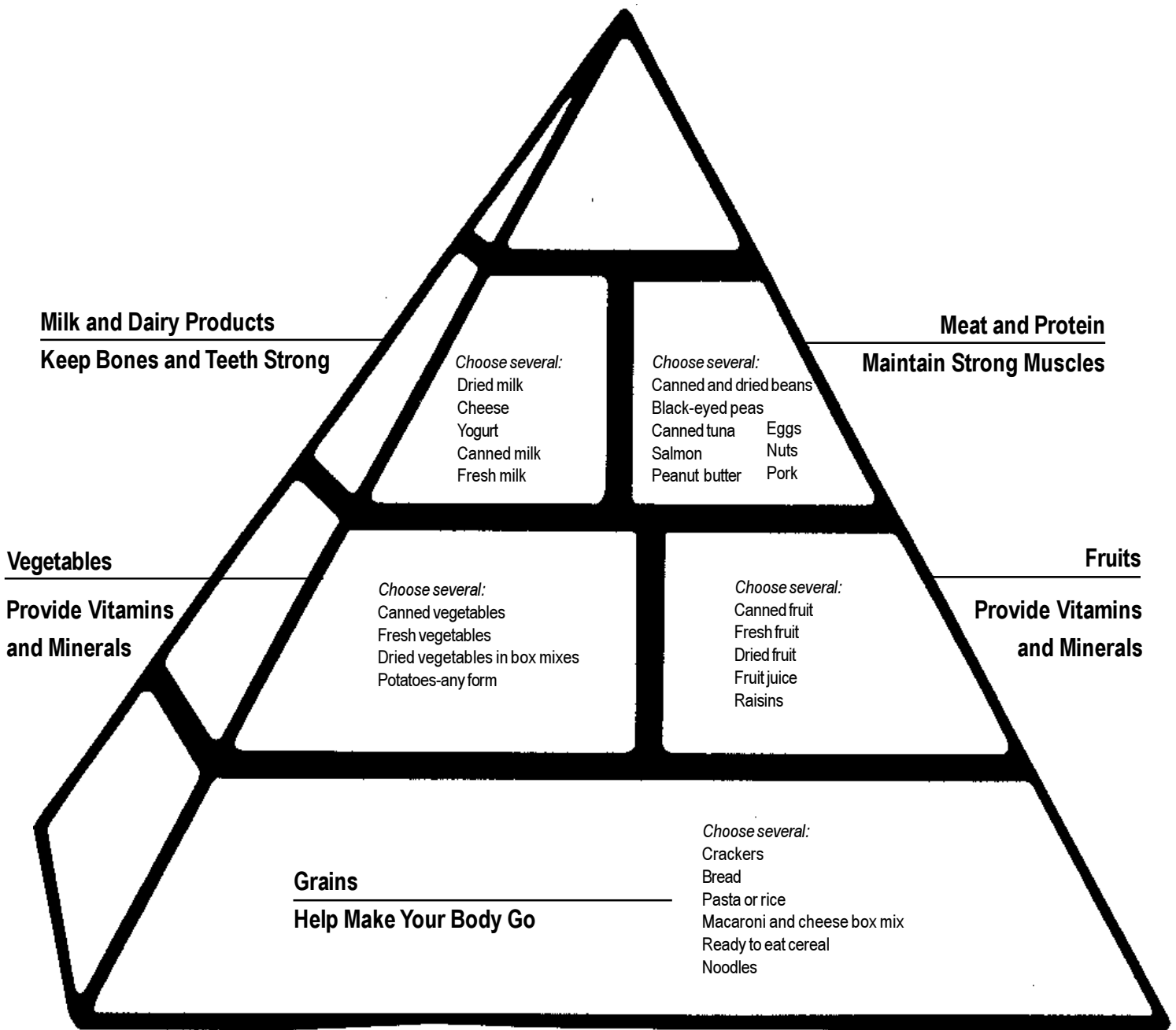
### Puzzle Answers (from page 7)

1. a) Portion food into smaller pieces before storage.  
b) Place the shallow pan of food over an ice bath.
2. 41° F
3. 6 hours
4. 2-3 inches
5. Ice bath
6. Cut into smaller pieces



# How Does Your Food Pyramid Stack Up?

*Use the pyramid to help select the right amount of healthy foods from your food pantry.*



Source: National Center for Nutrition and Dietetics  
The American Dietetic Association  
Based on the USDA Food Guide Pyramid

# Apples, Cantaloupe, and Cranberry Juice

Fall is the time to enjoy summer fruit. This fall you will be receiving apples, cantaloupe and canned concentrated cranberry juice. What a great variety!

Cantaloupe is a very popular and common fruit here in Indiana. Cantaloupe was originally discovered in Asia and is now grown in many sunny parts of the United States.

Cantaloupe is in its peak season from June through September. Cantaloupe is a good source of Vitamin C, potassium, and has only 56 calories per cup. This makes it a perfect choice for those people who want to limit their calories.

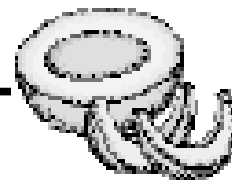
Ideally cantaloupe should be harvested when it is fully ripe as the fruit will not mature after harvesting and will not get any sweeter. You can tell if a cantaloupe was harvested at the right time by looking at the end where the stem attaches. Cantaloupe should not have any stem attachment on the melon if it was harvested at the proper time. A ripe cantaloupe will have a raised and well-rounded netting on the outer surface of the melon. The melon will be yellow in color.

The best temperature at which to store cantaloupe is 36°-41° F or refrigerator temperatures. Cantaloupe will usually maintain its quality for 12-15 days.

Cantaloupe should be handled carefully during preparation. Because cantaloupes

are grown on the ground, their skin can become contaminated with bacteria in the field, garden, or during handling. The outside skin of the cantaloupe should be scrubbed with a brush under cool running water before preparing the melon to eat. Wash your hands well before handling fresh cantaloupe. Cantaloupe that is not eaten immediately should be refrigerated.

Try the following recipe to put some fun into a meal.



## Cantaloupe Canoes

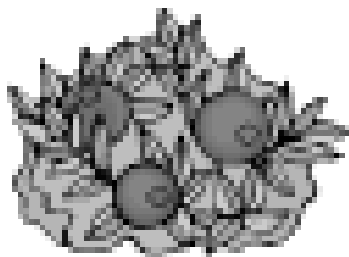
1 ripe cantaloupe  
Assorted fresh fruits like:

- Apple wedges
- Banana slices
- Berries in season
- Pineapple chunks
- Watermelon
- Grapes

(Note: Canned fruit cocktail can also be substituted for the assorted fresh fruit.)

Halve the cantaloupe and remove seeds. Scoop out some of the flesh and cut up. Fill cavities with assorted fruits. Poke drinking straws or Popsicle sticks through sides of the cantaloupe to look like oars. Drizzle plain or vanilla yogurt over top. Yield: 4 servings.

Source: *365 Foods Kids Love to Eat* by Sheila Ellison and Judith Gray



*Are you looking for a nice punch recipe for the upcoming holidays? Here is a great recipe for punch using the cranberry juice concentrate you are receiving.*

## Apple Orchard Punch

- 1 (32 ounce) bottle apple juice, chilled
- 1 (12 ounce) can cranberry juice concentrate
- 1 cup orange juice
- 1 ½ liters ginger ale
- 1 apple



In a large punch bowl, combine apple juice, cranberry juice concentrate, and orange juice. Stir until dissolved, and then slowly pour in the ginger ale. Thinly slice the apple vertically, forming whole apple slices. Float apple slices on top of the punch.

Source: Allrecipes™

# Apples, Apples, Apples

It wouldn't be fall unless there were apples on the table. I am always amazed at how my family will eat more apples if I leave some out on the table for them to just pick up and eat.

Apples are good to eat by themselves or cooked in a dish. There are many different types of apples available in the fall. Some of them are good for eating raw like golden and red delicious and others like Jonathon or Macintosh are better if they are baked.

Apples are a good source of fiber and have only 80 calories per medium size apple. Storage temperature really affects apple freshness. Apples ripen ten times faster at

room temperature than when stored in a cool spot. They like cool temperatures best, between 32-40°F so keep them in the drawer of your refrigerator away from the freezer or in a cool cellar protected from freezing and insects.



Fresh apples will be ruined if they are frozen without processing. Throwing out any apples that are badly bruised or decayed will also keep the rest of the apples fresh longer. Below is a recipe that uses apples in an old fashioned Apple Crisp.

## Warm Apple Crisp

### Filling (6 servings)

- 1 quart
- 1/4 cup+2 Tbsp
- 3 Tbsp
- 3/4 tsp
- 3 Tbsp

### Topping (6 servings)

- 3/4 cup
- 3/4 cup
- 6 Tbsp

- Apples, like Jonathon, McIntosh, or Winesap
- Sugar, granulated
- Flour, all purpose
- Cinnamon
- Water

- Flour, all purpose
- Sugar, light brown
- Margarine

### Filling (48 servings)

- 8 quarts
- 3 cups
- 1 1/2 cups
- 2 Tbsp
- 1 1/2 cup

### Topping (48 servings)

- 6 cups
- 6 cups
- 3 cups

For 6 servings use an 8" square pan

For 48 servings use a 12"x 20"x 2" pan

1. Preheat oven to 350°F.

### Filling:

2. To prepare apples: Peel, core and slice thinly--about 1/8 inch to 1/4 inch thick. Place in a large mixing bowl.
3. Separately in another bowl, combine sugar, flour and cinnamon. Stir with a slotted spoon.
4. Sprinkle the sugar/flour mixture over the apple slices. Toss lightly; thoroughly coat apple slices. Sprinkle water over sugar/flour apple mixture.

### Topping:

5. In a mixing bowl, combine flour, brown sugar and margarine; blend thoroughly.

### Assembly:

6. Arrange coated apple slices evenly in baking pan(s).
7. Break off small amounts of topping. Pat to flatten. Overlap pieces atop apples.
8. Place baking pan(s) in oven on baking sheet(s). If oven has shelves, select middle shelf.
9. Bake for 30-35 minutes or until apples are soft, crisp is bubbly, and pastry is evenly browned.
10. Remove pan(s) from oven and place on a wire rack.
11. Serve warm.

Source: Collection of Recipes, Indiana University School of Medicine, Department of Foods and Nutrition, 1984.

# Cooling Food Safely

How long does it take to cool that pot of soup? With the changes in the Indiana food code (see Safe Food for the Hungry newsletter Winter 2001), hot foods need to cool quickly to meet the new guidelines.

The chart below gives you some idea how long it takes to cool a 16-inch diameter pot of beef stew from 140° F to 45° F in a still air refrigerator maintained at 40 °F.

Estimated Times To Cool A Pot Of Beef Stew In A 16 Inch Diameter Pot		
Stew Depth	Volume	Time to = 45°F
10 inches	8.7 gallons	22.5 hours
7 inches	6.1 gallons	11 hours
5 inches	4.4 gallons	5 hours
4 inches	3.5 gallons	3.6 hours
3 inches	2.6 gallons	2 hours

Source: "Safe Food Healthy Children," Georgia Cooperative Extension Service.

Footnote: In the above study done in 1994, the food was cooled to 45°F, which was the proper refrigerator temperature at the time the study was done. Current Indiana food code guidelines have changed to recommend cooling to 41° F.

You can see from the chart that a large deep container will take a long time to cool down. Food that is kept in the danger zone too long may have high levels of dangerous bacteria. If the stew is put into a shallow pan that is 2 or 3 inches deep, then the stew cools more quickly. The new Indiana food code guidelines state that all food must be cooled from 140° F to 70° F within two hours and from 70° F to 41° F or less within another 4 hours. That makes a total of 6 hours maximum. To make sure that your food is being cooled properly, follow the recommendations in the article to the right.

## Recommendation for Cooling Food Safely

Always portion food into smaller pieces or containers before storage. Solid food like a beef roast should be cut into smaller pieces. Food that contains hot liquid, like soup or stew, can be portioned into several shallower pans of 2-3 inches in depth. Place those pans in the refrigerator where cool air can circulate around them to cool the food quickly.

Food may be loosely covered or uncovered during the cooling process if the food is protected from contamination from overhead. For example, if you place several shallow pans on a rack in a walk-in cooler that is clean and free from debris, then the pans do not need to be covered.

Another method of cooling the food quickly is to place the shallow pan of food over an ice bath. This method cools food faster than just putting the food in the refrigerator. An ice bath consists of ice and water in a pan slightly larger than the pan the food is in. The two pans are then placed together so that the pan with the food rests just inside the pan with the ice bath in it. Remembering to stir the food often also helps the food cool faster.



A roasting pan makes a quick ice bath and leaves the sink free. Stirring cools food more quickly. Photo: Scott Phillips, from Fine Cooking#18, p. 76. Used with permission from Fine Cooking Magazine.

## New Labels For Egg Cartons

Have you looked at the label on the most recent carton of eggs you purchased? After September 4, 2001, egg cartons are required to contain labeling information that instructs consumers to refrigerate eggs and cook them thoroughly to avoid the risk of illness from salmonella. Salmonella is carried by approximately

one egg in every 20,000 eggs that are eaten each year. The problem is that you can't tell which egg has salmonella and which one doesn't. To be safe, all eggs must be treated like they carry the bacteria. Eggs need to be kept refrigerated until just before they are cooked. When cooking eggs, the eggs are to be cooked until the yolks are firm. If you are using eggs in a food product, the eggs are to be thoroughly cooked before eating.



# Puzzle Are You Cool?



## How well do you know how to cool foods quickly?

To find out, get out your pencil and take the quiz below. Read the numbered questions on the left. Write in your answers below the question. Check your answers in the answer key located on page 2.

If you answered the questions correctly, then give yourself a check in the blank to the right. Leave the space blank if you answered incorrectly. Add up all of your checks to find out how you rate.

Put your ✓ here

1. Name one way to cool food properly.

\_\_\_\_\_

\_\_\_\_\_

2. To what final temperature does a food need to be cooled?

\_\_\_\_\_

\_\_\_\_\_

3. What is the maximum amount of time allowed for the food to reach refrigerator temperature?

\_\_\_\_\_

\_\_\_\_\_

4. What is the best pan depth to use when cooling a food containing liquid?

\_\_\_\_\_

\_\_\_\_\_

5. Name a method used to cool food that uses ice.

\_\_\_\_\_

\_\_\_\_\_

6. What is the first step in cooling a large piece of meat?

\_\_\_\_\_

\_\_\_\_\_

Compare your score to the chart below to see how you rate as a food cooling pro.

Total Number of Checks

Total

\_\_\_\_\_

1-3 =A student of food cooling    4-5 =A junior food cooler

6 =A super food cooling pro

## The Pampered Chef Is Setting a Place at the Table for Everyone

The Pampered Chef, Ltd. is committed to setting a place at the table for everyone. The company launched its 11th annual Round-Up From The Heart corporate giving campaign on Sept. 1, 2001. Last year's \$1.2 million donation brought the Round-Up campaign's 10-year total to more than \$5 million, which is the largest cash donation of any promotional sponsor in America's Second Harvest's history.

The Pampered Chef's more than 62,000 independent Kitchen Consultants across the country promote the Round-Up from the Heart campaign during the Kitchen Shows they conduct between Sept. 1, 2001 and Feb. 28, 2002.

Customers contribute to the campaign by rounding up

their purchase totals to the nearest dollar or more. These funds are then sent to America's Second Harvest food banks in the region where the donations originate, making this a national campaign with a local impact. Customers can also purchase a special collector's cookie mold. For each mold purchased, The Pampered Chef donates \$1 to the national office of America's Second Harvest.

For more information, contact Melissa Lehrschall, Independent Sales Director, at (765) 538-3085, or Rhonda Feuer, Independent Sales Director, at (765) 474-2341, or visit the Web site at [www.pamperedchef.com](http://www.pamperedchef.com)

*Contributed by Melissa Lehrschall,  
Independent Sales Director*

## Safe Food For the Hungry

Department of Foods and Nutrition  
Stone Hall  
Purdue University  
West Lafayette, IN 47907-1264

Phone: (765) 494-8252

Fax: (765) 496-1947

E-mail: [bnolan@cfs.purdue.edu](mailto:bnolan@cfs.purdue.edu)

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## Food Safety Questions?

Educators at your local Purdue University Cooperative Extension Office can answer your food safety questions. To contact your local extension office, call **1-888-EXT-INFO**.



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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.

Send comments to: Barb Nolan  
Department of Foods and Nutrition, Stone Hall  
Purdue University  
West Lafayette, IN 47907-1264  
Phone: (765) 494-8252 Fax: (765) 496-1947  
E-mail: [bnolan@cfs.purdue.edu](mailto:bnolan@cfs.purdue.edu)

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