



# Safe Food for the Hungry

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

Spring 2001

## Changes in the Indiana Food Code Address Labeling and Dating Leftover Foods

*"How long has that been in the refrigerator?  
Is it still good? Well, it isn't green or brown yet  
and I think it smells O.K."*

How many times have you opened the door of one of the refrigerators at your facility, spotted something in a storage container, and wondered if the food product was still fit to eat?

You can help eliminate this dilemma with regular use of "Date Marking." The new Indiana Food Code provides the latest guidelines with regards to "Date Marking."

After serving prepared dishes to clients, there are bound to be some leftovers.

The first step in dealing with leftovers is to either securely cover the leftovers in the serving or preparation container, or transfer the leftovers to a clean container with a lid.

Next, and very important, is to prepare a label that includes the name of the food item and the *use by date*. The label is then placed on the container in a visible location.

The date the leftover food should be used by will vary depending upon the type of refrigeration you have. The Indiana Food Code specifies:

- (1) Four (4) days of cumulative refrigeration storage time when held at 45 degrees Fahrenheit, or
- (2) Seven (7) days of cumulative refrigeration storage time when held at 41 degrees Fahrenheit.

For example, let's say you made split pea soup on Monday, April 2, 2001, and you planned to put the leftover storage container filled with the soup in a refrigerator held at 45 degrees Fahrenheit. You would prepare a label as shown here:

Item: <u>Split Pea Soup</u>
Use by date: <u>April 6, 2001</u>

If you had a refrigerator with a temperature of 41 degrees Fahrenheit, then the storage time would increase to seven cumulative days or April 9.

You will want to develop some system that will work for you and your facility for labeling and dating all leftover food products that are held for longer than 24 hours. The systems can be very simple. Check out these suggestions.

(1) Mark the item name and the *use by date* on a piece of masking tape and apply the tape to a visible spot on the container.

(2) Cut out the sample label at the end of this article and make multiple copies of the blank label. Write the information on the label and attach the label to a visible spot on the container.

(3) Print your own labels using sticky address labels that run through a laser or deskjet printer.

(4) Purchase colored sticky dots in a different color for each day of the week. Put together a code sheet indicating which colored dot stands for which day. When labeling a leftover, pick the colored dot that matches the *use by date*. Write the item name and the *use by date* on the sticky dot and attach the sticky dot to the container. See the table below for a quick reference based on days of the week.

For an item prepared and stored on:	For 45 degrees F. storage use by:	For 41 degrees F. storage use by:
Monday	Friday	Monday
Tuesday	Saturday	Tuesday
Wednesday	Sunday	Wednesday
Thursday	Monday	Thursday
Friday	Tuesday	Friday
Saturday	Wednesday	Saturday
Sunday	Thursday	Sunday

*Story continues on page 6*

# St. Vincent DePaul Food Pantry--Revisited

By Barb Nolan

In the fall 1999 issue of this newsletter, the St. Vincent De Paul food pantry was featured with their new client choice program.

I decided to revisit the pantry to see how their program was doing after over a year of operation.

The food pantry is still in operation and is feeding more clients than ever. I visited on a Saturday morning when they served about 255 clients in a two-hour time span!

Since visiting with them last time, the number of people that they serve has increased 600 per month. Vera Thompson is still operating the pantry with a large group of volunteers. She donates 60-70 hours a week of her time to keep the pantry open.

This client choice pantry is set up like a grocery store and is very popular with the clients. The St. Vincent DePaul Food Pantry obtains food from Gleaners Food Bank and other outside donations. The St. Vincent DePaul Food Pantry is always in need of more food, especially meat items.

Clients may come to the pantry anytime before 9:00 a.m. when it opens. Some clients get there as early as 6:30 a.m. The clients come into a large waiting area to sign in and obtain a numbered ticket. A large television and

VCR are usually running in the waiting room. Returning clients who are already registered wait for their number to be called. Clients who are new to this pantry must see a volunteer to be registered. St. Vincent DePaul requires two items to give proof that the client resides within the food

*Charley Showronek is one of many volunteers.*

*Ryan is a Purdue student who volunteers at the Food Pantry. Here he bags groceries for a family with another volunteer.*



*Vera Thompson is volunteer manager of the St. Vincent DePaul Food Pantry.*

pantry's service area. The client also must sign a statement that they are income eligible for services. Once registered, families receive anywhere from 15 to 25 food items at a time depending upon family size.

Before the pantry opens, the volunteer staff has announcements, prayer, and a song. Clients are then called into the shopping area about five at a time. Clients select items off the shelves and place them in a grocery cart just like a regular store. There are signs on the shelves telling them what they may select. For example, one sign may state "Two boxes of cereal equals one item."

At the end, the clients check out, just like a grocery store. A volunteer bags the clients' groceries and helps the clients out the door.

Other services the pantry provides are a free health clinic three days a week. Volunteer doctors and pharmacists come to help the clients with their medical

concerns.

This is a very busy food pantry and the clients feel very comfortable with the entire setup. If you would like more information about this type of food pantry, contact Vera Thompson at 1-317-972-9788.





*BEFORE . . .shelves are full and AFTER . . .a busy day shelves are empty at the St. Vincent DePaul Food Pantry. If you would like more information on this type of client choice pantry which is set up like a grocery store, contact Vera Thompson at 1-317-972-9788.*

## Food Stamps Can Help Feed The Families You Serve

The Division of Family and Children is asking for your help in getting information out about the Food Stamp program. Free brochures and posters are available to agencies that serve Food Stamp eligible clients. Below is a listing of available material:

1. Food Stamp Program Education/Outreach Brochure-Elderly-Available in packages of 100-DFC PAM 002(7-00)
2. Food Stamp Program Education/Outreach Brochure-Child-available in packages of 100-DFC PAM 002A(7-00)
3. Food Stamp Program Education/Outreach Brochure-Spanish-Available in packages of 100-DFC PAM 005(7-00)
4. Food Stamp Program Poster-Seniors-16"X20"-Available individually-NN 148(7-00)
5. Food Stamp Program Poster-Children-16"X20"-Available individually-NN 149(7-00)

6. Application for Public Assistance-State form #30465 (FI 2400)

7. Application for Public Assistance (Spanish)-State Form # 48399 (FI 2400S)

8. Important information about Filing and Application for Food Stamps-State form #FI 0025 (9-00)

To request material, you can send or fax the forms distribution center a letter on your letterhead stationary. The Division of Family and Children will not deliver to a P.O. box, so you need to provide a street address. Please send your requests to:

Department of Administration  
Forms Distribution Center  
6400 E. 30<sup>th</sup> Street  
Indianapolis, IN 46219  
Fax: 317-591-5333

The hot line number for food stamps is 1-800-622-4932. (This number can be dialed from both instate and out-of-state locations.)

# Nonfat Dry Milk

**Now Appearing At  
Your Local Food Pantry  
In Abundance!**

Most food pantries and soup kitchens in Indiana receive nonfat dry milk to use in their facility. Many patrons say they receive all that they can use of nonfat dry milk. They use it primarily in cooking so are always looking for new ways to use it.

Nonfat dry milk is a very wholesome food. It is a good source of calcium, vitamin A, vitamin D, and protein. It is also low in fat and cholesterol. Some of the advantages of instant nonfat dry milk are:

- It is very convenient.
- It does not require any refrigeration until water is mixed with it.
- It can be transported easily.
- It can be used in place of fluid milk in cooking, baking, whipping, and in beverages.
- It can be used to boost the nutrition in ordinary foods.
- It is very soluble even in cold water.
- It is a valuable staple in everybody's kitchen and emergency supply.

Most people don't drink nonfat dry milk like fluid milk; they use it in cooking or combined with other foods. To make fluid milk from nonfat dry milk, use the guidelines below.

*Nonfat dry milk can also be added to other foods to increase nutritional value. Try these tips:*

1. Add 1 or 2 extra tablespoons of nonfat milk to your recipes when cooking or making beverages.
2. Add ½ cup nonfat dry milk to each pound of meat when making hamburgers and meat loaf.
3. Add 1 tablespoon nonfat dry milk to each cup of flour when making bread and/or tortillas.
4. Add ¼ cup nonfat dry milk to 1 cup water when making gravies, sauces, and soups.
5. Add 2 tablespoons of nonfat dry milk to mashed potatoes or casseroles.
6. Add ½ cup nonfat dry milk to 1 quart orange juice; mix well and serve over ice.

## Mixing Nonfat Dry Milk

To make this much milk	Add this amount of nonfat dry milk	To this much water
½ cup milk	Mix 3 Tbsp nonfat dry milk	½ cup water
¾ cup milk	Mix 4 Tbsp nonfat dry milk	¾ cup water
1 cup milk	Mix 5 Tbsp nonfat dry milk	1 cup water
1 quart milk	Mix 1 1/3 cups nonfat dry milk	3 ¾ cups water

## White Cheese

- 2 rennet tablets
- 2 quarts warm water
- 5 1/3 cups nonfat dry milk
- 1 tsp salt or to taste

How to prepare:

1. Crush and dissolve the rennet tablets in the warm water in a large saucepan. Stir in the nonfat dry milk powder until it is dissolved.
2. Cover with any type of clean cloth and let mixture stand at room temperature in the same pan until set, about 3 hours.
3. When a firm curd has formed (it will look like large cottage cheese), set the pan in a sink of warm water and stir gently to get a warm temperature evenly throughout the mixture.
4. When the cheese separates into whey (liquid) and curd (lumpy) and the curds are as firm as desired, drain through a cheesecloth-lined strainer or colander.
5. Rinse the cheese in the colander thoroughly with cold running water.
6. Season to taste with salt. Other herbs and spices maybe added as desired. Use cheesecloth to press together and knead into a ball.
7. Chill and serve as a snack or with a meal or dessert.

## Fruit Milk Smoothie

- 1 tray ice cubes for the glasses
- 1 can (46 oz) fruit juice
- 1 cup nonfat dry milk
- 1 tsp vanilla
- 5 cups crushed ice or 20 ice cubes

How to mix:

1. Fill 4 tall glasses with ice cubes.
2. Mix juice, milk and vanilla in 2 quart bowl.
3. Pour 1/2 of mixture into a blender and add 1/2 of the crushed ice and blend on medium speed about one minute.
4. Pour into the glasses with ice cubes and serve immediately.
5. Repeat steps 3 & 4 with the remainder of the milk and juice mixture.
6. This can be stored in the freezer in 1/2 cup containers and served later as a frozen smoothie dessert.

## Vanilla Topper

(Like whipped cream)

- 1/2 tsp unflavored gelatin
- 3 Tbs boiling water
- 1/2 cup nonfat dry milk
- 1/3 cup cold water
- 2 to 3 Tbsp sugar
- 1/2 tsp vanilla

How to mix:

1. In a 1 1/2 qt. mixing bowl dissolve the unflavored gelatin in the boiling water. Stir well then cool to room temperature.
2. Add the nonfat dry milk and the cold water. Beat with an electric mixer on high speed, scraping the sides of the bowl often while beating.
3. Beat until stiff peaks form when the beaters are lifted. Fold in the sugar and vanilla gradually.
4. This topper will remain fluffy up to 2 hours in the refrigerator.
5. Use as topping on desserts.

## Yogurt

- 4 1/3 cups nonfat dry milk
- 7 cups slightly warm water
- 6 oz plain yogurt with live cultures

How to mix:

1. Mix the nonfat dry milk with 3 cups of the slightly warm water in a 3 quart bowl.
2. Add the plain yogurt (store bought or homemade), to the milk and mix.
3. Pour the remaining 4 cups of slightly warm water into the yogurt mixture and mix.
4. Pour all into one large or several small glass containers, set in a deep pan of warm water that is about 100° to 120°F.
5. Set these in a 110°F. oven (test with an oven thermometer).
6. Check the consistency in 4 hours. If thick, refrigerate.
7. Save a 6 oz portion for your next recipe.
8. When ready to serve add your favorite fruit, jam, or jelly.

*Did you know that you can copy anything from our newsletter as long as you provide appropriate credit? We make that easy as the citation is printed on the bottom of each page.*

# How Long Can You Keep It?

The Emergency Food Assistance Program (TEFAP) products can be seen in many food banks and pantries. Most of the products will be going through your facility quickly on a first-in, first-out basis.

If you discover some stray product that was out of the rotation loop, the chart below will help you decide if the food is still safe to use or hand out to patrons.

Your pantry should have a system in place to date all food when it is received so you will be able to use it in a timely manner. To the right is a listing of the storage times for some TEFAP products. The listing was compiled from the TEFAP Commodity Fact sheets. The fact sheets can be found on the USDA website at:

[http://www.fns.usda.gov/fdd/MENU/ADMINISTRATION/HHP\\_FACTS/hp\\_efap.htm](http://www.fns.usda.gov/fdd/MENU/ADMINISTRATION/HHP_FACTS/hp_efap.htm)

## Food Storage Quiz

*Can you match the answers?  
Draw a line from the food to the proper storage time for that food.*

### FOOD PRODUCT

1. Dehydrated Diced/Sliced Potatoes
2. Canned Peaches
3. Nonfat Dry Milk
4. Canned Tuna
5. Canned Applesauce
6. Ham, water added

### ALLOWABLE STORAGE TIME

- a. Use by the "Best If Used By" date on the label
- b. Use within 36 months of receipt
- c. 12-18 months
- d. 12-18 months
- e. 18-24 months
- f. Use within 6-12 months of receipt

**Answers: 1-f, 2-c or d, 3-e, 4-b, 5-c or d, 6-a.**

### *DATE MARKING, Continued from page one*

With a good "Date Marking" system in place, leftovers can be used in a timely manner. You can easily spot any food that is past its date of use and potentially harmful food can be discarded. Labeling and dating all leftover food items in your refrigerator is a smart thing to do.

If you have additional questions about how to handle the

foods in your facility, the Indiana Food Code Title 410 IAC 7-20, lists all of the regulations on the web. The website is: <http://www.state.in.us/isdh/regsvcs/foodprot/>

Your local county health department is a great source of information about local food safety issues. You may also call them with your questions.

You can make multiple copies of the blank labels below to mark "use by" dates on leftover foods.

Item: _____
Use by date: _____

Item: _____
Use by date: _____

Item: _____
Use by date: _____

## Storage of Unopened TEFAP Food Products

TEFAP Product	How to store unopened product	Length of safe storage for unopened packages
All purpose egg mix	Store in a cool, dry place	Use within 12 months
Corn Syrup-High Fructose	Store in a cool, dry place but not in the refrigerator	12 months from receipt
Almonds, shelled	Store in a cool, dry place	12 months
Applesauce	Store in a cool, dry place, off of the floor	12-18 months
Beef Chuck Roast	Keep roast frozen at 0°F. until ready to use	"Best Used by" date
Beef Stew	Store at room temperature, 85°F. or cooler	Use within 36 months
Canned clingstone peaches	Store in a cool, dry place off the floor	12-18 months
Canned pork	Store in a cool, dry place	Use within 36 months
Canned tuna in water	Store in a cool, dry place	Use within 36 months
Cherries, dried	Store in a cool, dry place off of the floor. It is not necessary to refrigerate or freeze the product	12 months
Cranberries, dried	Store in a cool, dry place off of the floor not exceeding 65°F. Shelf life is extended if stored below 45°F.	12 months below 65°F. 18 months below 45°F.
Cranberry sauce, canned	Cool, dry place, off of the floor	12-18 months
Dehydrated Diced/Sliced Potatoes	Store at room temperature	Use within 6-12 months
Figs, whole dried	Store in a cool, dry place	6 months
Finely Ground Beef	Store frozen at 0°F. or below until ready to use	"Best if Used By" date
Goose	Store frozen at 0°F or below in the original packaging	6 months
Ground Bison	Store frozen at 0°F. or below until ready to use	"Best if Used By" date
Ground Pork	Store frozen at 0°F or below in the original packaging	6 months
Ham, water added	Store frozen at 0°F or below in the original container.	"Best if Used By" date
Lamb Leg or Shoulder	Store frozen at 0°F or below in the original packaging	"Best if Used By" date
Non Fat Dry Milk	Store off the floor in a cool, dry place	18-24 months
Spaghetti Sauce, Meatless	Store in a cool, dry place off of the floor. Extreme temperatures such as freezing or exposure to direct sunlight will speed deterioration.	12-18 months if stored at temperatures below 85°F.
Trail Mix	Cool, dry place	6 months

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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 **1-800-EXT-INFO**.



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