

**Safe Food For the Hungry**  
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# Safe Food for the Hungry

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

Winter 2001

*Please check your name and address and let us know of any changes we should make in your listing in our database.*

## 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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Winter 2001

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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1-888-EXT-INFO  
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## Are You Following the New Indiana Food Code?

*Maybe you aren't sure if the new Indiana food code applies to your facility or you haven't really looked at the new code carefully to understand the differences. Here's a rundown.*

The Indiana food code is a listing of regulations that all foodservice, retail stores, and vending operations must conform to.

These regulations cover standards for management and personnel, food operations, equipment, and facilities. Its purpose is to safeguard public health and provide to consumers food that is safe, unadulterated, and honestly presented.

Your local health department follows these regulations when they do an inspection of your facility. If you have food in your facility that is pre-packaged or prepared on site for patrons, then you need to make sure that you are following the food code. The following items are new concepts introduced in the code:

• **Foodborne illness prevention training** is now required of at least one person per establishment who has primary oversight responsibility for food safety.

• **The responsibilities of the person-in-charge** are now detailed. Each establishment must have a designated person-in-charge at all times of operation. This person's duties are made clear and all of them may be applicable depending upon the activities of the establishment during the time period he/she is in charge.

• **Disease reporting** by food employees is now required. Food employees and potential applicants are required to inform management if they have been diagnosed with either Salmonella, Shigella, E.Coli 0157:H7, and hepatitis A. They are also required to inform management if they are currently ill from diarrhea, vomiting, fever, sore throat, or if they have any lesions containing pus. The person-in-charge is then required to take action by either excluding or restricting the food employee from food handling operations.



• **Hand washing procedures** and requirements are detailed clearly. The rule specifies when, where, and how food employees must wash their hands. Hands should be washed before handling ready to eat foods.

*Continued on next page*

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•**The temperature requirement** for cold holding of potentially hazardous food has been reduced from **45 degrees Fahrenheit to 41 degrees Fahrenheit**. Any refrigeration equipment in place on the effective date of this rule (November 2000) will be allowed to operate at the 45 degree Fahrenheit level up to 10 years from the effective date of the rule. However, it must be demonstrated the unit is not capable of achieving the new lower temperature requirement.



•**Date marking** is now required on all ready-to-eat potentially hazardous foods held more than 24 hours. If this type of food is in storage beyond 24 hours then a date indicating the last date of consumption or use must be indicated on the food product.



•**A consumer advisory** is now required when a raw or undercooked animal food is offered in a ready-to-eat form. Examples include raw eggs in a Caesar Salad, sunnyside eggs, and oysters on the half shell. The advisory must consist of two (2) parts: disclosure and reminder. The disclosure must indicate that all or part of the food is raw or undercooked and the reminder must indicate to the consumer the dangers associated with consuming this food.

•**Time** may now be used in place of temperature for short-term (less than 4 hours) holding of potentially hazardous foods. Written procedures must be in place and the food must be discarded after the maximum time frame allowed. The food may not be salvaged and reused.



•**Reduced oxygen packaging** (vacuum packaging) is addressed in the code. Foods using this type of packaging must be kept refrigerated.

•**The cleaning frequency** of food contact equipment is detailed. Equipment used in contact with food can no longer be left soiled indefinitely without routine cleaning and sanitization. Examples of this would be a soiled meat grinder in a cooler for days at a time or serving utensils held at room temperature for many hours.



•There is a statewide **plan review requirement** for all new construction, conversion of existing structures, or remodeling of retail food establishments. The local health department will continue to review any plans unless the establishment is located on state property or is licensed by the state. The appropriate program within the Indiana State Department of Health would then review any plans.



This listing is just a summary of some of the changes in the food code. To look at a complete listing, contact your local health department or check the Web at:

<http://vm.cfsan.fda.gov/~dms/fc99-toc.html>

Are you looking for basic nutrition information in different languages for your clients? Below is a website that has one page handouts in 37 different languages. They have sheets on the Food Guide Pyramid, nutrition for mature adults, kids, and mothers and babies.  
<http://arborcom.com/frame/84112/u1.htm>

## Don't Forget To Wash Your Hands!

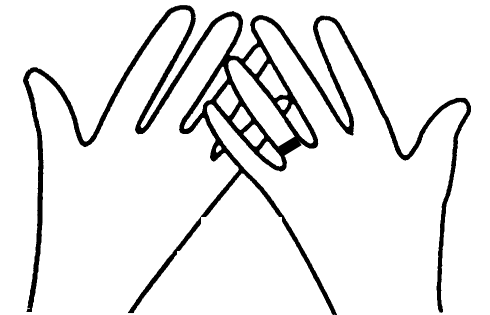
How many of these True/False questions can you get right?

1. T F It is important to wash your hands often.
2. T F It is not necessary to clean under your fingernails.
3. T F You should throw out all used paper towels in a trash can before opening the door to leave the bathroom.
4. T F Hand sanitizers kill 99.9% of all germs, even the good germs.
5. T F Gloves always stay clean.
6. T F It is OK to wear nail polish when preparing food.

Answers:  
1. True.  
2. False. Many germs live the fingernail beds and under the nails.  
3. False. Keep at least one paper towel to turn off the water faucet and open the door. Then throw away the paper towel. Cross contamination can occur at the faucet and doorknob.  
4. True.  
5. False. Gloves can have bacteria and germs on them just like hands. If you use gloves, change them often, especially at times when you would normally wash your hands.  
6. False. Nail polish can flake off and fall into the food.

### Jewelry and Nail Polish

In order to keep food safe, people preparing food should only wear 1 ring on their hands. This could be a wedding ring. Nail polish and artificial nails shouldn't be worn either as the polish can come off during food preparation.



**NLCAE DNHSA KMEA TGRAE RRRBCNAYE CSEUA !**

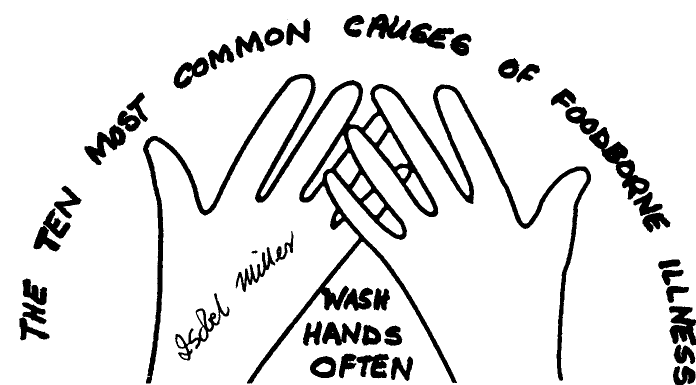
*Solution: Clean hands make great cranberry sauce!*

## Scrub-A-Dub-Dub, Two Hands In The Tub

*Washing your hands may seem like an inconvenience but it is a very important part of keeping the food you serve safe.*

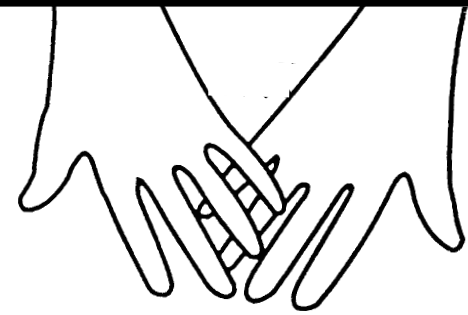
Hand washing is a very important part of food safety. When hands are washed, the spread of germs and bacteria is limited. To make sure your hands are clean, follow these steps.

1. Wet your hands with hot running water.
2. Apply soap either from a liquid soap dispenser or a bar of soap.
3. Rub your hands together for at least twenty seconds. (20 seconds is as long as it takes to sing Happy Birthday twice.)
4. Clean under the fingernails and between the fingers. (Use a fingernail brush to really get into the small areas.)
5. Rinse hands thoroughly under running water.
6. Dry your hands with a single use paper towel or under a warm air hand dryer. Don't use your pants or apron. Hang onto that paper towel to protect your hands while you turn off the water faucet and open the door to leave. Throw out the paper towel after you have left the bathroom.



## Hold A Clean Hands Contest!

Have everyone in your group put vegetable oil on his or her hands then sprinkle everyone's hands with cinnamon. Ask everyone to wash his or her hands. The person with the least amount of cinnamon left on his/her hands is the winner!



## Even When Wearing Gloves, Clean Hands Are Still Important

Some foodservice establishments use gloves while preparing food.

Gloves can create another layer of safety between the users hands and the food. Gloves are another form of hand protection but they must be used properly to keep the food safe.

Hands must be washed before putting gloves on. If you wear gloves, you must keep in mind that they will get dirty just like your hands.

Gloves should be changed:

- When they get dirty or torn.
- Before beginning a different task.
- At least every four hours during constant use.
- After handling raw meat and before handling cooked or ready-to-eat foods.

Wearing gloves doesn't take the place of washing your hands and they are an extra expense for your facility.

## What About Hand Sanitizers?

I used to think that hand sanitizers were pretty neat until I took a closer look at them.

Hand sanitizers are not a substitute for washing your hands. The typical hand sanitizer, which is usually alcohol based, strips the skin of the outer layer of oil, which normally prevents bacteria that live in our skin from coming to the surface.

Usually, this type of bacteria is not the kind that will make us sick, but the assumption is that when you have an increase in overall bacteria, the chances are better that a disease-causing strain will be present.

Manufacturers claim that the sanitizers are effective in killing up to 99.9% of germs. These tests were done on non-living surfaces, however, not human hands. So hand sanitizers can be used in addition to washing your hands, but **do not replace hand washing**.

## Meet The Face Behind Food Distribution in Indiana

*Have you ever wondered who is in charge of obtaining the bulk of the emergency food and getting it to the right places in Indiana? The credit goes to TEFAP Director Marsha McGraw.*

By Barb Nolan

When I first started working with the food pantries, I was overwhelmed by how much food they distributed and the enormous task of getting all of that food to the right place and out to the people who need it.

As I found out, there is one central person, Marsha McGraw, who directs the The Emergency Food Assistance Program (TEFAP).

She works closely with Dennis DeBruhl, the account clerk who helps with the inventory, figuring out what food goes to which pantry, and keeps Marsha sane! Dennis and Marsha order and allocate all the food from the United States Department of Agriculture (USDA).

Gleaners Food Bank recently received the Storage and Transportation Contract for all the USDA products. Gleaners will be sub-contracting with Community Harvest Food Bank, Ft. Wayne; Northern Indiana Food Bank, South Bend; and Food Finders Food Bank, Lafayette, to help get USDA products to the local areas in the state.

Marsha has been the TEFAP Specialist since June 1996. She has given the program continued guidance and new direction. TEFAP has changed its direction since the early days of "cheese giveaways," Marsha says.

### New Program Offers Choice

A new program called "Client Choice" started in October 1, 1999, but has been slow to start. The client choice program gives the people who visit the food pantries a choice of the foods they take away.

Some pantries are set up like grocery stores where the clients select the foods that they can use. Other pantries ask the clients which foods they would like from a list of available foods.



*Marsha McGraw loves providing help to families.*

All pantries which receive USDA food products must now be "client choice" and have a 50% match with either food products or a combination of non-food products and food products.

Each pantry must also serve clients at least every 30 days. USDA products should be integrated with other like items on the shelves. A box of USDA food products is no longer the practice.

Marsha's goal and all the Emergency Feeding Assistance Organizations' goal is to allow all recipients to have a choice of an array of items that their family will eat and use.

"Hopefully, the "client choice" program will be able to restore a sense of pride to clients who are providing food for their families," she says. "Being able to provide just a tiny bit to help a low-income family to be just like the rest of the community makes this the perfect job."

Marsha loves her community and also being "Nanny" to the greatest grandbabies in the world. They are Curstie, Hannah, AJ, John and Michaela.

SPOTLIGHT ON . . .

# CRANBERRIES

*What are you going to do with all of those cranberries that are or will be showing up at the local food pantry?*

## How Cranberries Got Their Name

The word "cranberry" was a contraction of crane berry, an early name given to the berries because their pale pink blossoms resembled the head of a crane.

Cranberries have been used for many things in the past. Wampanoag Indians in the Cape Cod area treated wounds from poisoned arrows with a cranberry dressing. They also made their rugs and blankets colorful with the red cranberry juice. They added cranberries to their food to give it some color.

Fresh frozen cranberries have only 30 calories in ½

cup, no fat, and they have some vitamin C. Cranberries can be used in sauce, dried, or used in crafts.

Store cranberries in the crisper section of the refrigerator for up to four weeks. If you don't plan to use them right away, keep them in the plastic bag in which they were received.

Cranberries can be stored in your freezer for up to a year.

To freeze, check berries and discard any soft ones. Drain them well after washing and put in a moisture and vapor-proof bag or container and freeze. This is one fruit that needs no processing before freezer storage. Use them from the freezer as you would fresh cranberries.

When storing cooked cranberries and raw relish, cover them to prevent drying and absorbing odors from other foods.

## Preparation

Cranberries are a versatile fruit. They can be used as an appetizer, beverage, with a main dish, or in breads and desserts. The tangy flavor may need a sweetener to make them acceptable to most people.

Try mixing cranberries with other fruits that have natural sweetness, such as apples, oranges or apricots. Cooking cranberries in the syrup from canned fruit, such as pears or peaches, is another choice. Serve the sauce and berries with the fruit.

Mix equal parts of fresh cranberries and peeled and cored apples to make cranberry applesauce. Fresh cranberries added to apple pie filling create a tangy taste sensation.



*Cranberry bog ready for harvest. Photo courtesy of Cape Cod Cranberry Growers' Association.*

## Dried Cranberries

*If you have too many cranberries, here's a way to preserve them for later use.*

1-12 oz. bag of cranberries  
2 quarts boiling water  
¼ cup sugar or corn syrup

1. In a bowl, pour boiling water over the cranberries or submerge them in a pot of boiling water with the heat turned off.
2. Let them sit in the water until the skin pops. Do not let the berries boil or the flesh will turn mushy.
3. Drain.
4. If desired, coat the berries with either a light corn syrup or granulated sugar.
5. Transfer the berries to a cooking sheet and place them in a freezer for 2 hours. Freezing the berries helps in breaking down the cell structure promoting faster drying.
6. Put the berries on a mesh sheet in the dehydrator and dry for 10 to 16 hours, depending on the make of the dehydrator, until chewy and with no pockets of moisture. Another method of drying is to turn on the oven for 10 minutes at 350°F. Then place the cranberries on a cookie sheet in the oven, turn off the oven, and let them sit overnight.
7. Dried cranberries can be used in place of raisins in recipes.
8. Store dried cranberries in the freezer.

*From Mary Bell's "Complete Dehydrator Cookbook."*



## Fresh Cranberry Sauce

1 cup sugar  
1 cup water  
1 12-ounce package fresh or frozen cranberries

Combine water and sugar in a medium saucepan. Bring to boil; add cranberries, return to boil. Reduce heat and boil gently for 10 minutes, stirring occasionally. Cover and cool completely at room temperature. Refrigerate until serving time. Makes 2 ¼ cups.



## Cranberry Applesauce

2 cups canned applesauce  
2 cups fresh or frozen cranberries  
½ cup sugar  
½ teaspoon ground ginger

Mix together all ingredients in a 2-quart saucepan. Simmer, stirring constantly over low heat until cranberries are tender. Makes 4-6 servings.



Sources:

*Ocean Spray Cranberries, Inc. All-Time Favorite Cranberry Recipes. Plymouth, MA 02360.*

*Hedstrom, Nellie. Cranberries. University of Maine Cooperative Extension, Maine.*

Available: <http://www.vegweb.com/glossary/docs/cranberries.shtml> 11/2000.