



Safe Food for the Hungry

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

Fall 2002

Seniors Enjoy Farmers' Markets Produce

Hoosier Seniors Eager to Participate in Farmers' Market Nutrition Program

Across the nation for the last two summers garden-fresh fruits and vegetables have been enjoyed by more senior citizens due to the advent of the Seniors Farmers' Market Nutrition Program. This *new* program serving low-income seniors was first piloted last summer (2001) and is an offshoot of the Farmers' Market Nutrition Program (FMNP). Originally, the FMNP was developed for the Special Supplemental Nutrition Program for Women, Infants and Children (WIC).

The FMNP provides a link between nutrition and production agriculture by offering women and children participating in WIC vouchers to purchase fresh local fruits and vegetables at a participating farmers' market. Now that two successful pilots of the program for senior citizens have been conducted, Kathy Lauerman, Indiana's Policy Specialist for Farmers' Market Programs, hopes for further expansion of the Seniors Farmers' Market Nutrition Program (SFMNP) in coming years.

This year, \$15 million in SFMNP funding was offered to 36 entities nationwide, and it is expected that 400,000 low-income senior citizens will receive assistance throughout the various participating states. When the farm bill was signed this summer, an additional \$5 million was allocated for 2003-07 to maintain current funding levels. However, there is a possibility of additional funding being made available.

Indiana's SFMNP program was awarded \$60,000 this year, and four Farmers' Market locations were approved to receive the vouchers for produce: Bloomington, Lafayette, Muncie, and North Vernon. Seniors interested in participating next year can contact their local area agency on aging.

How Agencies Can Participate

Farmers' markets that participate in the WIC FMNP are eligible to also participate in the SFMNP. As no administrative dollars are included in the federal funds at this time, state officials hope to minimize costs by using the existing WIC FMNP infrastructure. All local farmers' markets and agencies on aging interested in participating in this popular program (if funding is available), are encouraged to contact:

Kathy Lauerman, Policy Specialist for Farmers' Market Programs at the Indiana State Dept. of Health (317) 233-5576.

Kathy plans to write another grant by January 2003 to expand the program. The more people who demonstrate an interest in these programs, and let their elected officials know; the greater the momentum when funding decisions are made. Seniors in Dekalb County have contacted Purdue Cooperative Extension Educators and Family Nutrition Assistants with a keen interest in signing up for such a nutritionally supportive program.

Whether you are an interested senior citizen, farmers' market participant, or an administrator of an assistance program for seniors, plan ahead for participating in this innovative program known to improve the diets of participants and increase the use of the farmers' markets.

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ON THE WEB

Our website has nutrition information, food safety references and archives of our newsletters and educational materials.

Indiana's Directory of Food Assistance Organizations is available online at:

www.cfs.purdue.edu/safefood/sfhungry.html



We keep this online directory as up-to-date and comprehensive as possible. *If you know of a new food assistance organization in your area, please tell them about us, and please tell us about them!*

Please send us any corrections or updates you can! Soon you will be able to do this online right from our website. Thank you for your help in updating our database of food assistance organizations.

IN OUR FILES

We have FOOD SAFETY posters available to send you for free, on a first-come, first-serve basis. Topics include: Can Defects; Flexible Package Defects; Sanitation; Cooking and Cooling Temperatures Guides. What's more:

PAPER copies of the March 2002 Indiana Directory of Food Assistance Organizations are still available!



Send specific requests for PAPER Directories or Food Safety posters to:

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Answers to this summer's puzzle: Word Search with Chilling Clues

This storage area temperature is to be kept between 50-70^oF. DRY

The temperature in this storage unit needs to be kept at or below 41^oF. Refrigerator

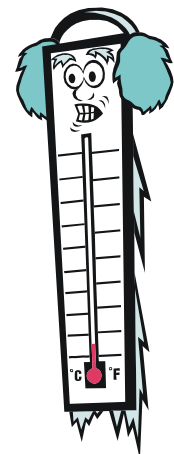
This should be placed in an area that is easy to locate and read, it is used to check temperatures. Thermometer

Food spoilage is reduced when temperatures are kept in the proper range.

The number of times the temperature in a storage area should be checked every day. Two (twice)

The freezer needs to be kept at or below 0^oF.

More information regarding temperatures and thermometers can be found here. Safe Food for the Hungry website: www.cfs.purdue.edu/safefood/sfhungry.html



FIVE - A - DAY

by *Want Chyi, Purdue University Student*

Fruits and vegetables form the second layer of the food pyramid, and are an essential part of maintaining a healthy diet. Deep yellow or orange vegetables, such as winter squash and carrots, are excellent sources of vitamin A. Fruits that share those colors, such as apricots and cantaloupe, also contain vitamin A, which helps to maintain healthy skin and vision, and protects against infection.

Leafy green vegetables from the cabbage and pepper families, such as broccoli, bok choy, bell peppers, and kale, are rich in vitamins A and C. Vitamins A and C are also antioxidants. Fresh produce also provides the body with a good source of fiber.

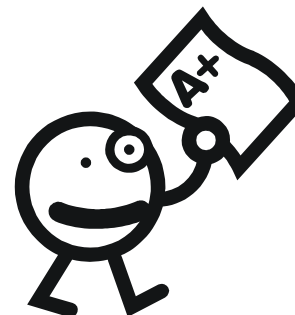
Canned fruits and vegetables can be just as nutritious as their fresh or frozen counterparts. As early as 1995, research from the University of Illinois demonstrated that canned products such as carrots, apricots, and spinach, are nutritionally similar to their fresh counterparts. Even fiber remains the same. Some loss of vitamin C and folate does occur with heat processing, however these two vitamins dissolve in the cooking liquid so can be recovered by using the liquid in soups and sauces.

Some canned fruits and vegetables have sugar and salt added. For those desiring to limit their sugar and salt, drain the liquid or select vegetables and fruits that are packed in juice, rather than syrup.

As a result, studies show that canned produce can be a strong nutritional option for people who have limited access to fresh produce or cooking facilities, or for seniors or people who have difficulty chewing.

Besides all these advantages, fruits and vegetables are delicious. Several governmental agencies, including the National Cancer Institute, recommend we eat five servings of fruits and vegetables daily.

Whether you enjoy fresh produce or the convenience of canned or frozen fruits and vegetables, be sure to eat plenty of these every day to help insure good health!



Safe Food for the Hungry Newsletter's "REPORT CARD"

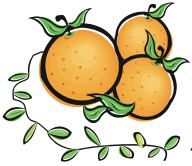
As with any enterprise, we want to hear from our stakeholders. In July 2002, 58 readers of the newsletter provided us feedback about the newsletter by completing a short evaluation form. These evaluators represented soup kitchens, congregate meal sites, shelters, and food pantries.

We were pleased that the most frequent comments were "send us more copies", "very important newsletter", "well done, not too long", and "enjoy it". When the newsletter arrives at a reader's desk, 48% said they circulated the newsletter to others, 14% copied it, and 38% gave the newsletter to others. Food Safety, In the Kitchen/Recipes, Eating Right and What's Happening were identified as the favorite columns. On the other hand, a few individuals wanted to see less recipes and food safety information.

Ideas for future editions included "more recipes" and "anything specific to elderly nutrition...". Many individuals wrote that the recipes are good and coincide with products received from the USDA.

We can't claim to be soothsayers regarding the recipes. We communicate regularly with Marsha McGraw, TEFAP Specialist for Indiana, regarding food distributions. Our goal is to provide you information for your clients to assist them in making the best use of the foods provided through the USDA food distribution program.

If you want to add your suggestions or comments about the newsletter, please, contact the Editor, Martha Gipson at gipsonm@cfs.purdue.edu or 765-494-8186.



So many Recipes, so little time...

by Nicole Gaviola, Purdue University Student

Thanks to an especially abundant crop, many food pantries will be receiving a supply of sweet potatoes and peaches soon. Pantries will also receive plenty of frozen catfish strips this fall. These foods, with flavors that complement each other, make a delicious meal. The combination of catfish, sweet potatoes, and peaches will not only taste good but will provide protein, fiber, potassium, and vitamin C. The recipes below can be combined for a dinner that your whole family will love.



Mediterranean Baked Fish

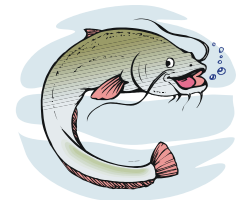
Yield: 4 servings

Ingredients

- 1 1/2 pounds catfish strips
- 1 14.5 ounce can Italian-style stewed tomatoes
- 1 tablespoon capers drained and/or 12 to 16 pitted black olives or pimento-stuffed green olives, sliced
- 1 to 2 tablespoons parmesan cheese

Directions:

1. Preheat oven to 375°F.
2. Rinse the catfish in cold water and pat dry with paper towels.
3. Arrange the strips in a 2- to 3-quart baking pan or casserole dish.
4. Pour the tomatoes and their juice over the fish.
5. Sprinkle with capers and/or olives, followed by the parmesan cheese.
6. Bake the fish uncovered in the heated oven until just opaque in center, 20 to 25 minutes for strips about 1 inch thick. (The pan juices are tasty poured over rice, orzo or couscous.)



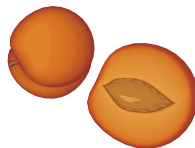
Source: www.simplyseafood.com/recipes/recipesfiles/med118rec.html

Hip Hop Peach Wraps

Yield: 4 servings

Ingredients:

- Peanut butter
- 4 flour tortillas
- 1 16 ounce can of peaches, drained
- 2 bananas, sliced



Directions:

1. Spread peanut butter on tortillas.
2. Dice peaches.
3. Place diced peaches and sliced bananas in the center of each tortilla.
4. Roll tortilla like a burrito.
5. Warm for 20 seconds in the microwave, if desired.

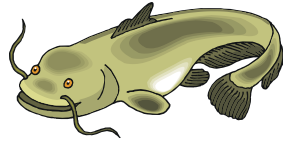
www.thefruitcompany.com

Classic Fried Catfish

Yield: 4 servings

Ingredients:

- 3/4 cup cornmeal
- 1/4 cup flour
- 2 teaspoon salt
- 1 teaspoon cayenne pepper
- 1/4 teaspoon garlic powder
- 4 catfish strips
- Vegetable oil



Directions:

1. Combine cornmeal, flour, salt, cayenne pepper and garlic powder in shallow dish.
2. Coat catfish with mixture, shaking off excess.
3. Fill 12-inch skillet half full with vegetable oil. Heat to 350°F
4. Add catfish in single layer and fry 5 - 6 minutes, until golden brown. Turn, and continue to fry about 5 - 6 minutes, depending on size.
5. Remove and drain on paper towels.

Source: <http://www.virtualcities.com/trade/ff/a/7/tfa76029.htm>

Peach Crisp

Yield: 4 servings



Ingredients:

- 1 16 ounce can of peaches, drained
- 1/4 cup brown sugar
- 1 teaspoon cinnamon
- 1/2 tablespoon nutmeg (optional)
- 1 cup low fat granola

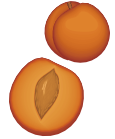
Directions:

1. Pour peaches into medium-sized microwave safe dish.
2. Sprinkle brown sugar, cinnamon, nutmeg, and low fat granola on top.
3. Heat for 2 minutes in microwave.

www.thefruitcompany.com

Candied Sweet Potatoes with Peaches

Yield: 8 servings



Ingredients:

- 6 medium sweet potatoes (about 2 lbs.)
- 1 16 ounce can of peach slices (juice pack)
- OR 1 16 ounce package of frozen peach slices
- 2/3 cup packed brown sugar
- 2 tablespoon margarine or butter
- Dash ground cloves
- 1/2 cup chopped pecans or walnuts, toasted



Directions:

1. Wash and peel sweet potatoes. Cut off woody portions and ends. Cut into 1/2-inch slices.
2. Place in large saucepan with enough lightly salted water to cover sweet potatoes. Boil gently for about 10 minutes or until just tender; drain and cool.
3. Drain peach slices, reserving juice.
4. In a greased 3-quart rectangular baking dish combine peach slices and potatoes.
5. In a small saucepan combine 3 tablespoons reserved peach juice, brown sugar, margarine or butter, and ground cloves
6. Bring to boiling.
7. Reduce heat and boil gently for 1 minute.
8. Drizzle over potatoes and peaches.
9. Bake, uncovered, in a 350°F oven for 30-35 minutes or until potatoes and peaches are glazed, stirring twice.
10. Sprinkle pecans or walnuts over sweet potato mixture.

www4.bhg.com/bhg/recipe/print/printFullpage.jhtml?recipeId=36815

CROSSWORD FUN WITH PRODUCE POWER!

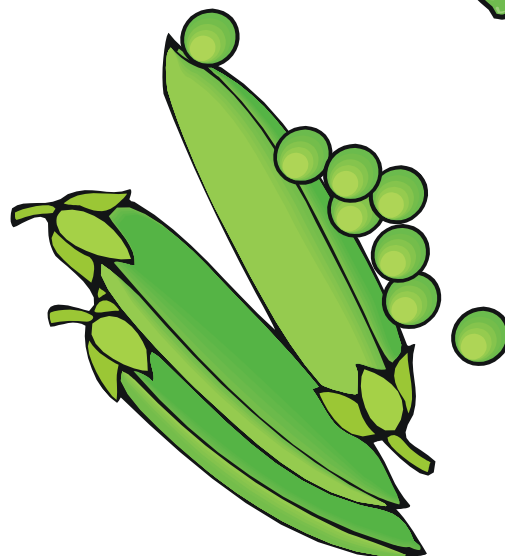
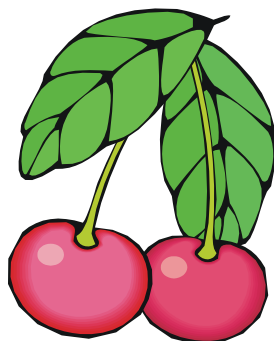
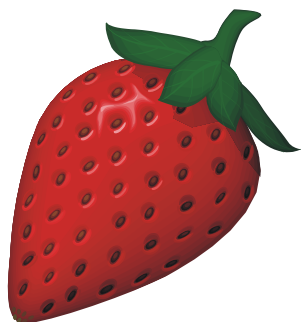
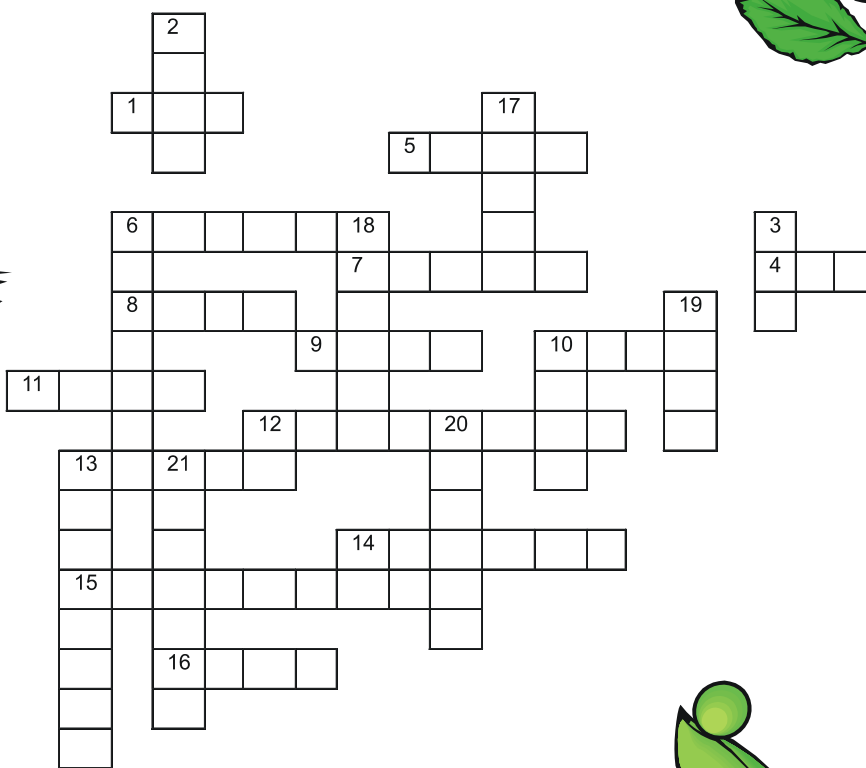
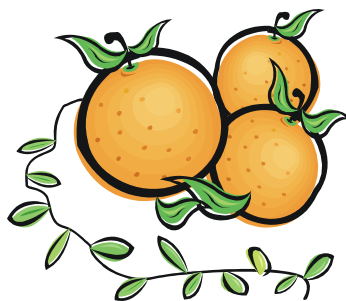
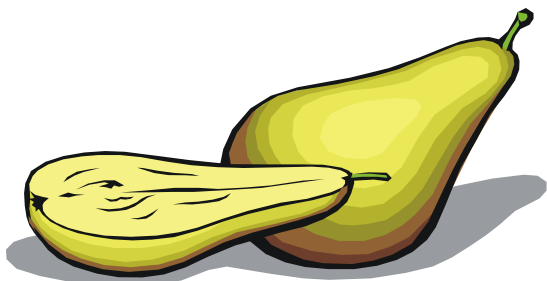
Across:

1. A sweet orange tuber high in potassium.
4. You are what you ____.
5. This fruit begins with a "P" and its name describes its shape. It is high in potassium.
6. This long orange root vegetable is one of the richest sources of beta-carotene.
7. This bulb vegetable can make you cry. It contains allylic sulfides, phytochemicals that may reduce risk of cancer.
8. Green _____. This vegetable contains good amounts of vitamins A & C.
9. A kind of apple that begins with "G". Apples are high in pectin, a type of fiber that helps keep cholesterol low.
10. This bright green fruit is high in vitamin C. It tastes like a cross between a raspberry and a melon. Use it to brighten any salad.
11. Look for these both fresh and frozen. They are small, round and green and are a legume.
12. This common green vegetable is in the cruciferous family. It contains numerous phytochemicals that may help reduce risk of some cancers.
13. Look for this large fruit during the summer. It comes in many varieties such as cantaloupe, honeydew, and watermelon. Vitamin C and beta-carotene are two nutrients that are found in this juicy fruit.
14. This bulb vegetable contains many phytochemicals that may reduce risk of cancer.
15. This vegetable contains capsaicin, a phytochemical used in creams to relieve the pain of osteoarthritis. A Jalapeno is one.
16. This vegetable is also a grain. Enjoy it on the cob.

Down:

2. Use cabbage to make this type of salad. Cabbage contains indoles that may reduce risk of some cancers.
3. Drinking this beverage may be beneficial to your health, especially if it's green.
6. This vegetable is sold by the head. It is rich in vitamin C and is used to make slaw.
10. This dark green leafy vegetable contains vitamin C, beta-carotene and phytochemicals lutein and zeaxanthin that may help keep your eyes healthy. It is similar to collards except its leaves are curly.
13. This vegetable is a fungus and contains a fair amount of B vitamins and some protein.
17. This delicious tropical fruit is high in beta-carotene and vitamin C. Its name rhymes with tango.
18. This *fruit* is eaten as a vegetable and is the main ingredient for pasta sauce and catsup. It contains plenty of vitamin C and lycopene which may help reduce the risk of prostate cancer.
19. The American Institute of Cancer Research recommends that you eat at least this many servings of fruits and vegetables each day.
20. This small red fruit comes with a pit and appears in your store during the summer.
21. Go for the darkest green varieties of this leafy vegetable, which is the base for most salads.

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Safe Food For the Hungry

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*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 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.

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<http://www.agcom.purdue.edu/AgCom.Pubs/menu.htm>