

## Ask the Expert:

### What types of foods are provided at food pantries?

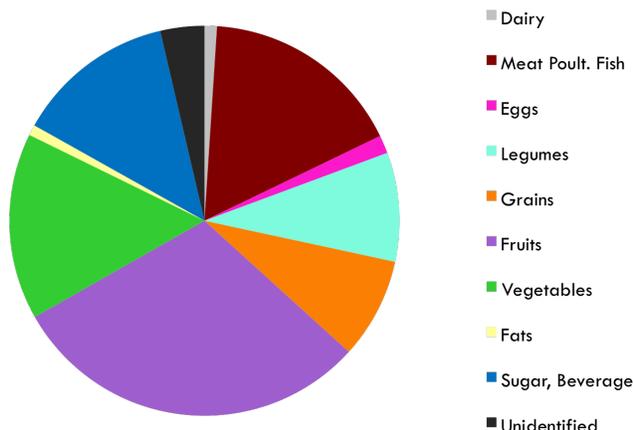
Written by Kandyce Dunlap, Senior in the Health Education Health Promotion Department, University of Wisconsin-La Crosse

Emergency food pantries are utilized by 17.1 million Americans every year. The types of foods offered to clients vary among pantries because each pantry receives their food from different sources. However, generally food pantries receive foods from private donations, food banks, and the USDA's The Emergency Food Assistant Program (TEFAP). Understanding what types of foods are supplied by food pantries is important so that pantry users know which foods are available to them and so that pantry organizers can inform public and private contributors about which items are of higher need.

A small study was recently completed to determine total inventory and percentage of each food group present in 3 Indiana food pantries. These results are limited because they are not representative of all pantries and because inventory was only recorded at a single point in time. It was found that dairy was the second smallest food group represented at food pantries. Milk and milk products were most highly represented in the dairy group with others being cheeses, cream, and milk desserts. Foods included in the protein group were meat, poultry, fish, eggs, and legumes; protein foods were the second largest food group represented in the food pantry inventory. Grains made up a smaller proportion compared with several other categories and included pastas, cooked cereals, and rice among others. Fruits were the largest percentage of foods represented at food pantries. Non-berry fruits made up the largest proportion of this group. Vegetables also made up a large proportion of pantry foods. Within the vegetable group, tomatoes and tomato mixtures (including tomato paste, diced tomatoes, tomato sauces, or tomato soups) were most represented. Fats made up the smallest percentage of food at food pantries. Sugars and beverages also made up a large proportion of pantry inventory; water accounted for a portion of this category.

Dairy, whole grains, and vegetables represented very small percentages of total pantry inventory in 3 Indiana food pantries, but are foods to increase as recommended in the 2010 Dietary Guidelines. Increasing the availability of these foods may improve the selection of healthy foods in food pantries.

Proportion of Each Food Group at a Single Time Point in  
Three Indiana Food Pantries



Sources: Anderson et al, 1990; Vozoris & Tarasuk 2003; Holben & Pheley, 2006

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## Food Safety: Tips for Preparing and Cooking your Thanksgiving Meal

Written by Nicolette Mehas, Third Year Professional Student, Purdue University College of Pharmacy

Don't let your Thanksgiving Holiday be spoiled by a foodborne illness. Approximately one in six Americans will experience foodborne illness sometime this year. Symptoms range from mild to severe and may include one or more of the following: diarrhea, vomiting, abdominal cramps, fever, and chills. Foodborne illness can even lead to serious complications in some cases.

### CLEAN



**DO** Wash hands with soap and warm water for at least 20 seconds before and after each food preparation step. Wash counters and other food-contact surfaces frequently.

**DON'T** Wash the turkey! Water splashing off of the turkey may allow bacteria to cross-contaminate other food preparation surfaces. In addition, the turkey will not get cleaner.

### SEPARATE



**DO** Keep raw meat separate from other foods. Place a stuffed turkey in the oven immediately or play it safe and cook stuffing outside of the bird. Never refrigerate a stuffed turkey. Three safe ways to thaw a turkey: in the refrigerator, in ice-cold water that is changed every 30 minutes, or in the microwave. Refrigerator thawing, the preferred method, takes approximately 24 hours per 4-5 lbs. of turkey. A 20 lb. turkey needs at least 4-5 days to thaw, so plan ahead!

**DON'T** Thaw your turkey on the counter!

### COOK



**DO** Use a cooking thermometer and allow the cooking temperature to reach 165°F in all of the following 3 places: innermost part of the wing, innermost part of the thigh, and thickest part of the breast. Stuffing should be cooked to 165°F as well.

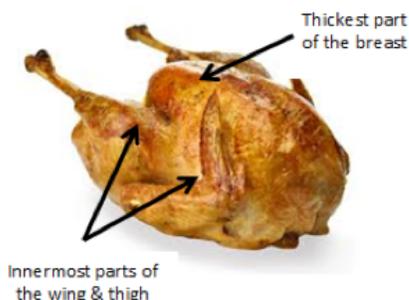
**DON'T** Rely on color to indicate doneness, as it can be misleading.

### CHILL



**DO** Refrigerate Thanksgiving leftovers within 2 hours and reheat within 3-4 days. Store additional leftovers in the freezer and, for best quality, use within 3-4 months.

**DON'T** Refrigerate the whole turkey. Legs and thighs can stay whole, but cut the rest of the turkey into small pieces. The turkey can then be reheated until 165 ° F or until hot or steaming.



Sources: <http://www.foodsafety.gov/blog/tags/thanksgiving>, <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm092815.htm>, <http://www.niddk.nih.gov/health-information/health-topics/digestive-diseases/foodborne-illnesses/Pages/facts.aspx>, <http://www.fda.gov/food/resourcesforyou/consumers/ucm103263.htm>, <http://www.cdc.gov/foodsafety/prevention.html>, picture on bottom left: <http://www.foodsafety.gov/blog/2014/11/turkey-tips-step-3-lets-finally-get-cooking.html>, picture on bottom right: [http://www.foodsafety.gov/news/2010\\_features\\_archive.html](http://www.foodsafety.gov/news/2010_features_archive.html)

# Enjoy Cherries All Year Round

Written by Olivia Kirch, Purdue Nutrition Department Alumna

While some may consider sweet cherries to be a summer treat, cherries can be enjoyed year-round in fresh, frozen or dried form. Cherries deliver numerous health benefits. Aside from being low in calories, high in potassium and fiber, and containing vitamins A and C, cherries may help protect against chronic disease. The consumption of cherries has been shown to help prevent diabetes, reduce inflammation, encourage better sleep, fight heart disease, combat high blood pressure and stroke, promote cancer prevention, and help protect against Alzheimer's disease.

A serving of cherries:

1 cup fresh (~21 cherries)

½ cup dried

1 cup frozen

1 cup juice

**Incorporate cherries into your diet by:**

- Combining a handful with nuts for a quick trailmix
- Adding to your favorite smoothie recipe
- Topping off pancakes or waffles
- Baking into breads or muffins
- Mixing into yogurt or oatmeal



[http://wallpaperswa.com/Foods/Fruits/fruits\\_cherries\\_white\\_background\\_2560x1600\\_wallpaper\\_35342](http://wallpaperswa.com/Foods/Fruits/fruits_cherries_white_background_2560x1600_wallpaper_35342)

Below are two recipes to try! Cherries are easy to use and can be substituted for blueberries or strawberries in a variety of recipes. Use ingredients you have at home to make the recipes below your own!

Sources: <http://www.nwcherries.com/qreators>, <http://www.cjolsoncherries.com/facts.html>, <https://healthymeals.nal.usda.gov/cherries-1>, <http://www.fruitsandveggiesmorematters.org/cherries-and-heart-health>, <http://ohioline.osu.edu/hyg-fact/5000/pdf/5515.pdf>, [https://reedir.arsnet.usda.gov/codesearchwebapp/\(S\(5xpd2c3qrurfrnxi3j042dze\)\)/measures.aspx?id=63115010](https://reedir.arsnet.usda.gov/codesearchwebapp/(S(5xpd2c3qrurfrnxi3j042dze))/measures.aspx?id=63115010)

## Chicken and Cherry Salad

Ingredients (4 servings)

- 12 ounces chicken, cooked and diced (1 1/2 cups)
- 1/2 cup vinaigrette dressing
- 1 cup dried cherries (or cranberries)
- 1/8 cup almonds (sliced)
- 1 head of lettuce (chopped)

Directions

1. Toss chicken, cherries, and almonds with vinaigrette dressing of choice.
2. Serve on a mound of chopped lettuce.

Underlining denotes a TEFAP commodity food ingredient

**Recipe source (left):** <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/chicken-and-cranberry-salad>

**Recipe source (right):** <http://www.whatscooking.fns.usda.gov/sites/default/files/featuredlinks/WhiteHouseRecipes.pdf>

## Chicken and Cherry Salad

Per serving: 377 Calories, 11g Total Fat, 2g Total Saturated Fat, 72mg Cholesterol, 397mg Sodium, 39g Total Carbohydrate, 32g Total Sugars, 4g Total Dietary Fiber, 29g Total Protein

## Warm Baked Apples with Dried Cherries and Raisins

Per serving: 339 Calories, 5g Total Fat, 1g Total Saturated Fat, 0mg Cholesterol, 10mg Sodium, 77g Total Carbohydrate, 67g Total Sugars, 5.5g Total Dietary Fiber, 1.5g Total Protein

## Warm Baked Apples with Dried Cherries and Raisins

Ingredients (6 servings)

- 6 Golden Delicious or Granny Smith apples
- 3 tablespoons frozen orange juice concentrate
- 1 cup dried cherries and raisins
- ½ cup light brown sugar
- 6 teaspoons honey
- 2 tablespoons oil

Directions

1. Brush 6 cupcake molds with oil to prevent sticking.
2. Use melon baller or spoon to scoop the stem and the core of each apple
3. Poke a few holes into the top of the apple with a fork to prevent splitting, then place into cupcake molds.
4. Place a half tablespoon of orange juice concentrate into the center of each apple.
5. Fill with dried fruits and sprinkle brown sugar on top.
6. Drizzle with honey and bake at 300° for 30 minutes or until apple is soft. Serve warm.

Send comments and/or change of address to:  
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This newsletter is edited by Nicolette Mehas and Heather A. Eicher-Miller, PhD and is created by the Eicher-Miller Lab in the Department of Nutrition Science at Purdue University. This institution is an equal opportunity provider.

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IN THE NEWS

## National School Lunch Week!

Written by Amanda Vetter, Undergraduate Student in Nutrition Science, Purdue University

National School Lunch Week (NSLW) is October 12-16, 2015. The week-long event was created by President John F. Kennedy in 1962 to celebrate school lunch programs across the country. Every year School Nutrition Association (SNA) members celebrate in their cafeterias with special menus, decorations, and events. This year the theme for NSLW is "School Lunch Snapshot" and encourages positive images of today's school lunch—fresh fruits and veggies, whole grains, milk, and happy students.

SNA members nationwide will be taking and sharing photos of school lunches – and using the **hashtag #NSLW!** According to a 2013 survey of SNA members, more than 80% said that by promoting healthy menus, NSLW helped to increase participation in their programs. This is a great opportunity for SNA members to promote school lunch programs to parents and students and can even earn media coverage from local papers and TV stations!

Sources: <http://schoolnutrition.org/NSLW2015/About/>, [https://schoolnutrition.org/uploadedFiles/2\\_ Meetings\\_and\\_Events/NSLW\\_2014%281%29/Pages/NSLW2015Toolkit.pdf](https://schoolnutrition.org/uploadedFiles/2_ Meetings_and_Events/NSLW_2014%281%29/Pages/NSLW2015Toolkit.pdf)  
Photo by Tim Lauer, principal of Meriwether Lewis Elementary School in Portland, Oregon, <http://blogs.usda.gov/tag/national-school-lunch-week/>



**WHAT:** National School Lunch Week "School Lunch Snapshot" #NSWL

**WHERE:** School cafeterias across the country

**WHEN:** October 12-16, 2015

**WHY:** Recognizing NSLW in your district spreads a positive National School Lunch message to parents, administrators, and the public!