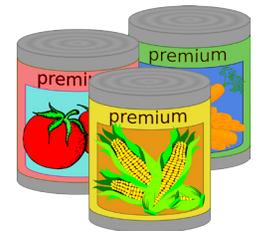


Ask the Expert:

How do canned, frozen, and fresh fruits and vegetables compare when it comes to nutrition?

Written by Amanda Crawford, Undergraduate Student in Nutrition Science



Fruits and vegetables are an important source of nutrients to help maintain good health and lower the risk of chronic disease. But the question of how canning and freezing may influence the health benefit of these foods compared with minimally processed, or “fresh” fruits and vegetables is one that may be frequently asked.

Canned, frozen, and fresh fruits and vegetables usually have very similar nutrient contents. In some cases, canned or frozen fruits and vegetables may contain more nutrients. Fresh produce is often harvested before it reaches complete ripeness, whereas canned and frozen fruits and vegetables are typically harvested at peak ripeness.

Additionally, because canned and frozen fruits and vegetables are usually canned or frozen very quickly after being picked, the vitamin, mineral, and nutrient content is main-

tained. Fresh fruits and vegetables, on the other hand, must often be shipped long distances before they reach the consumer and some nutritional value may be lost.

Sodium may be a concern with canned fruits and vegetables. Try to choose products that say, “low sodium” or “no added salt.” If you cannot find a low sodium version, rinse the product to eliminate excess salt.

One benefit of canned and frozen fruits and vegetables is convenience. Canned and frozen fruits and vegetables may be more quickly prepared and may require less equipment to prepare compared with fresh fruits and vegetables.

Longer shelf-life is another benefit of canned and frozen fruits and vegetables. While fresh produce must be consumed within a week or two of being purchased, canned and frozen fruits and veg-

etables may last for months. Canned and frozen fruits and vegetables may also be less expensive compared with fresh fruits and vegetables and are a budget-friendly way to incorporate these foods into your diet.

Regardless of the source, making half your plate fruits and vegetables at every meal is important for keeping you healthy now and in the future.

Sources: <http://www.nutrition411.com/patient-education-materials/fruits-and-vegetables/item/28481-vegetable-debate-fresh-frozen-or-canned/>

IN THIS ISSUE

Ask the Expert: How do canned, frozen, and fresh fruits and vegetables compare when it comes to nutrition?	1
Food Safety: Kitchen Cleaner Safety	2
Eating Right: Cranberry Juice Concentrate	3
In the News: We want your feedback!	4

Food Safety: Kitchen Cleaner Safety

Written by Sasha Harrison, Undergraduate Student in Dietetics and Nutrition, Fitness and Health



Keeping a kitchen clean and sanitized is an important step to keeping your food safe. Sanitizing should be completed regularly to reduce the spread of germs. Sanitizers kill pathogens like Salmonella, E. Coli and Campylobacter, some of the common causes of foodborne illness.

Diluted chlorine bleach is a safe, inexpensive and effective sanitizing solution for utensils, kitchen counters, and cutting boards. Follow these steps to sanitize with diluted chlorine bleach:

- Wash the surface with water and soap; allow to air dry.
- In a spray bottle: add 1 teaspoon of bleach to 1 quart of water.
- Spray the mixture on the surface you are cleaning and wait at least 1 minute.
- Dry the surface with a clean paper towel or allow to air dry.



Some sanitizing solutions and cleaners can be poisonous or cause nausea if swallowed. Use all sanitizers with caution around food and preparation areas. Make sure to store sanitizers away from food and out of the reach of children. Read and follow the product instructions carefully. Keep the area well ventilated, and do not mix cleaning products. Mixing products that contain ammonia, bleach or vinegar may give off toxic fumes.

Non-toxic Food-Safe Cleaners:

Baking Soda:



- Mix two tablespoons of baking soda with one quart of warm water. Then dip a towel or sponge in the solution and wipe down the surface needing to be cleaned.
- Soak plastic containers in a baking soda and water solution to remove odors and stains.

Vinegar:

- Heat undiluted vinegar to 130°F to use as a sanitizer. Pour into a spray bottle and use as you would a bleach solution or commercial surface spray.
- Add a small amount of vinegar to dishwashing liquid to break up grease.

Sources: http://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/cleanliness-helps-prevent-foodborne-illness/ct_index; http://michigan.gov/documents/miseniors/HomeSkillsShoestring_265598_7.pdf; <http://www.ext.colostate.edu/pubs/foodnut/kitchen-sanitize.pdf>; http://www.foodsafety.wisc.edu/assets/pdf_Files/Cleaning_Budget.pdf; <http://householdproducts.nlm.nih.gov/cgi-bin/household/prodtree?prodcat=Inside+the+Home>

Crazy About Cranberry Juice Concentrate!

Written by Raquel Reyes, Undergraduate Student in Dietetics



Cranberry juice is a refreshing drink option with many health benefits! Cranberries are a rich source of vitamin C, an important nutrient for skin, muscles, and bones. Vitamin C is also an antioxidant, which means that it can protect against chronic diseases like heart disease and some cancers. Cranberries contain flavonoids, which may help to increase good cholesterol and protect against heart disease. Cranberry juice concentrate can often be found at your local food pantry, providing a convenient, tasty, and healthy source of vitamin C with all of the same benefits as prepared, bottled cranberry juice.

The main difference between cranberry juice and cranberry juice concentrate is that water has been removed from the juice in the concentrated form. Canned or bottled cranberry juice concentrate is shelf-stable and can be prepared as needed by adding water. Frozen cranberry juice concentrate is another option with an extended shelf-life of up to one year.

The USDA recommends that Americans eat more fruits and vegetables to prevent disease. Cranberry juice from concentrate is one way to add a serving of fruit to your diet; one cup of 100% juice counts as one serving of fruit. Although whole fruit is an ideal source of fruit, juice also provides essential nutrients. Consider drinking cranberry juice along with eating whole fruit to make at least half your plate fruits and vegetables!

Sources: Ruel, G., et al. (2006). Favourable impact of low-calorie cranberry juice consumption on plasma HDL-cholesterol concentrations in men. *British Journal of Nutrition*, 96(2): 357-64. doi:10.1079/BJN20061814; Casagrande, SS., et al. (2007). Have Americans Increased Their Fruit and Vegetable Intake?: The Trends Between 1988 and 2002. *American Journal of Preventive Medicine*, 32(4): 257-263. doi:10.1016/j.amepre.2006.12.002

Cranberry Glazed Carrots

Ingredients (8 servings)

- 2 pounds medium carrots, peeled and cut into coins
- 1 cup cranberry juice*
- 2 Tablespoons honey
- 1/3 cup water
- 2 Tablespoons butter
- 1 Tablespoon cider vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Directions

1. Place all ingredients in a 12-inch heavy skillet over medium-low heat.
2. Simmer until most of the liquid has evaporated and carrots are tender and glazed, about 50 minutes.



Recipe source (above): used with permission from Cranberry Marketing Committee USA, <http://www.uscranberries.com/Recipe/Details/73>

Recipe source (right): adapted and used with permission from Cranberry Marketing Committee USA, <http://www.uscranberries.com/Recipe/Details/82>

Underlining denotes a TEFAP commodity food ingredient

*mix cranberry juice concentrate with water according to package directions

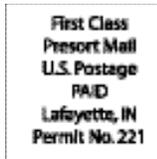
Cranberry Ginger Chicken

Ingredients (4 servings)

- 2 cups cranberry juice*
- 1/2 cup sweetened, dried cranberries
- 1 teaspoon freshly grated ginger (or 1/2 teaspoon dried)
- 1 clove garlic
- 1-1/2 pounds bone-in chicken thighs or breasts, skin removed (about 3-4 chicken breasts)
- 2 Tablespoon diced shallots or onions
- 1 Tablespoon butter
- 2 Tablespoons chives, for garnish

Directions

1. Stir cranberry juice, cranberries, ginger, and garlic in large bowl until blended. Add chicken, cover, and marinate in refrigerator for at least 1 to 2 hours. Remove chicken from marinade and season with salt and pepper. Reserve marinade.
2. Melt butter in medium saucepan. Add shallots and saute over medium heat until transparent. Add reserved marinade and bring to a boil, uncovered. Decrease heat to low and simmer 15 minutes, stirring occasionally, until reduced in half.
3. Grill chicken over medium-high heat 4 to 6 minutes per side until juices run clear when pierced with a fork or chicken reaches internal temperature of 165°F.
4. Place grilled chicken on a large serving platter, drizzle with reduced marinade, and garnish with chopped chives. Serve with seasonal vegetables and a whole grain side dish like brown rice.



Send comments and/or change of address to:
Indiana's Emergency Food Resource Network
Department of Nutrition Science
Purdue University
700 West State Street
West Lafayette, IN 47907-2059
Phone: (765) 496-3455
Fax: (765) 494-9606
Email: brapp@purdue.edu
Website: www.purdue.edu/indianasefrnetwork/

This newsletter is created by the Eicher-Miller lab in the Department of Nutrition Science at Purdue University. This institution is an equal opportunity provider.

PAGE 4

IN THE NEWS

We want your feedback!

Written by Briana Eicher, RD, CD

As we move into the new year, we would like *your* help to develop the newsletter! In order to serve you the best we can, we would like your feedback about the newsletter. Please take a moment to fill out our feedback form by following the link below. There is also space on the form to discuss other ideas or comments you have in general about the resources we provide and how we can serve you better. Also, if you have activities or events in your neighborhoods or counties going on related to emergency food providers, we would love to hear about it!



Please complete the survey by January 31st.

Follow this link to take the survey:

https://purdue.qualtrics.com/SE/?SID=SV_6DofiOTBY9xLUKV