

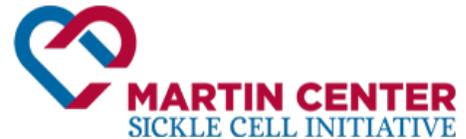


A NEWSLETTER FOR THE  
STAFF AND VOLUNTEERS  
OF EMERGENCY  
FEEDING PROGRAMS

## Ask the Expert:

### How can emergency food providers serve clients with sickle cell anemia?

Written by Amanda Crawford, Undergraduate Student in Nutrition Science



September is Sickle Cell Anemia Awareness month. IEFRN recently talked with Cortney Owens, a social worker at the Martin Center Sickle Cell Initiative, to learn more about sickle cell anemia, the special services that the Martin Center provides for sickle cell clients, and how emergency food providers can better serve clients affected by this disease.

The Martin Center Sickle Cell Initiative is an organization in Indianapolis that is devoted to improving the lives of individuals with sickle cell anemia.

This genetic disease is passed down from parents to children and currently affects approximately 70,000-100,000 individuals in the United States. Health complications that individuals with sickle cell may develop include episodic pain, blood clots, stroke, and increased risk of infections. Despite a variety of available treatments, a cure is not currently available for sickle cell anemia.

Among the resources provided by the Martin Center are finan-

cial, such as scholarships and prescription assistance, support groups, and client advocacy. They also hold community events such as a 5K run to raise awareness, and a picnic for sickle cell clients. A food pantry at the Martin Center specifically serves individuals with sickle cell anemia and their families.

The Martin Center Food Pantry is a client choice pantry that serves approximately 60-90 families, or about 117-130 individuals, per month. The client choice aspect of the pantry gives clients the benefit of being able to choose the foods that they need the most. Like many food pantries, the Martin Center tries to provide fresh, nutrient dense foods and emphasize the importance of diet and health to clients.

People with sickle cell anemia need to consume lots of fluids in order to remain hydrated. The Martin Center emphasizes that Gatorade is one of the best choices for sickle cell patients to stay hydrated. The pantry even has a program to provide Gatorade for clients to have on hand in the event of a

sickle cell crisis.

How can your organization serve persons with sickle cell anemia? Providing fluids such as Gatorade to clients is a great start. Pantries can also help sickle cell clients by emphasizing the importance of a healthy diet and by allowing them to choose their own foods. Offering educational resources is also another way to help. Educational resources are available at <http://www.themartincenter.org/sickle.htm> and <http://www.cdc.gov/ncbddd/sicklecell/facts.html>.

Sources: <http://www.themartincenter.org/about.htm>; Cortney Owens, personal communication

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# Food Safety for Individuals with Chronic Illness

Written by Amanda Crawford, Undergraduate Student in Nutrition Science

Good food safety habits are especially important to maintain health among individuals with chronic illness. Having a chronic disease, such as sickle cell anemia, diabetes, cancer, and HIV/AIDS, can weaken the immune system and increase the risk of contracting a foodborne illness.

## How can I prevent foodborne illness?

Always keep in mind the Four Basic Steps of Food Safety—Clean, Separate, Cook, and Chill—to prevent foodborne illness:

- **Clean:** Make sure to wash hands and cooking surfaces often to prevent the spread of bacteria around the kitchen.
- **Separate:** Prevent bacteria from spreading from one food to another by keeping foods—especially raw meat, poultry, or seafood—separate when storing and preparing.
- **Cook:** Always ensure that foods are cooked to the correct temperatures, and use a thermometer to ensure accuracy.
- **Chill:** Make sure foods are properly refrigerated to prevent the growth of bacteria.



There are several precautions that people with chronic disease can take in the case, or suspicion, of contracting a foodborne illness:

- **Know the Symptoms.** Foodborne illnesses often cause flu-like symptoms, including nausea, vomiting, diarrhea, and fever. When in doubt, always contact a healthcare provider.
- **Develop a Foodborne Illness Action Plan.** The Food and Drug Administration's (FDA) recommended steps to take in the event or suspicion of contracting a foodborne illness are:



1. Immediately contact a physician if symptoms develop.
2. Preserve the suspect food. This may help diagnose the illness and prevent others from becoming ill.
3. Save all packaging materials. Record the food type, date consumed, and when the onset of symptoms began. This will help identify where the illness came from.
4. Call your health department if you believe that food from a restaurant made you ill.

## What are some additional resources for information on food safety?

For more information on food safety, or for more specific tips on handling food safety with a chronic disease, go to [FoodSafety.gov](http://FoodSafety.gov).

**Sources:** <http://www.foodsafety.gov/poisoning/risk/chronicillnesses/>, <http://www.fda.gov/food/foodborneillnesscontaminants/peopleatrisk/ucm312565.htm>; **Photos:** [www.pixabay.com](http://www.pixabay.com); [www.foodsafety.gov](http://www.foodsafety.gov)

# Eating Right: Dried Cranberries

Written by Sarah Crulcich, Undergraduate student in Dietetics and Nutrition



Dried cranberries are a summer favorite that are made to last. They can be stored up to 12 months in cool, dry conditions. They are also a great alternative to cranberry juice and jelly, which are less nutrient dense. The process of drying cranberries is called partial dehydration, a common method of food processing that extends the shelf life of fruit, making it easier to keep fruit available at home all year long.

Two health benefits of dried cranberries are their fiber content and antioxidant properties. High fiber diets may reduce the risk of obesity, cardiovascular disease and type 2 diabetes. The antioxidants contained in cranberries protect cells from damage that could compromise the immune system's ability to fight disease and certain cancers. Dried cranberries may even help reduce urinary tract infections.

The Dietary Guidelines for Americans recommends 2 cups of fruit daily. One half cup of dried cranberries is equivalent to 1 cup of fruit, but be careful for the extra sugar that is often added to cranberries. Cranberries can be incorporated into your diet by adding them to salads, yogurt, trail mix, cereal and muffins!

**Sources:** <http://www.choosemyplate.gov/printpages/MyPlateFoodGroups/Fruits/food-groups-fruits-counts.pdf>; <http://www.bastyrcenter.org/content/view/1462/>; <http://www.eatright.org/public/content.aspx?id=6792>; [http://cranberryinstitute.org/about\\_cran/HowMadeWEB.pdf](http://cranberryinstitute.org/about_cran/HowMadeWEB.pdf); <http://www.choosemyplate.gov/food-groups/fruits-why.html>; <http://www.choosemyplate.gov/food-groups/fruits-tips.html>; **Photos:** [www.pixabay.com](http://www.pixabay.com)

## Apple Cranberry Salad Toss

### **Ingredients** (8 servings)

- 1 head of lettuce
- 2 medium apples, sliced
- 1/2 cup walnuts, chopped
- 1 cup dried cranberries
- 1/2 cup green onion, sliced
- 3/4 cups any vinaigrette dressing

### **Directions**

1. Rinse all fresh produce before cutting
2. Toss all ingredients (minus dressing) in a large bowl
3. Add dressing, toss to coat. Serve immediately.

**NOTE:** Iceberg lettuce will add an extra crunch while spring mix offers a variety of greens. There are many types of vinaigrette dressings. Choose one to give the salad your personal flair!



**Recipe source (above):** <http://recipefinder.nal.usda.gov/recipes/apple-cranberry-salad-toss>

**Recipe source (right):** <http://recipefinder.nal.usda.gov/recipes/trail-treat>

## On-The-Go Trail Treat

### **Ingredients** (4 servings)

- 1 cup square corn, rice or wheat cereal\*
- 1 cup pretzels
- 1/4 cup dried cranberries
- 1/4 cup raisins

### **Directions**

1. Wash hands; get out utensils
2. Choose the ingredients you want to use
3. Measure out ingredients and add to mixing bowl
4. Mix ingredients using stirring spoon and enjoy!

**NOTE:** Additional ingredient options available on website source.



\*TEFAP commodity food ingredient.



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This newsletter is created by faculty and staff in the Department of Nutrition Science at Purdue University. This institution is an equal opportunity provider.

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IN THE NEWS

## **\*NEW\* from ChooseMyPlate.gov: Healthy Eating on a Budget Feature**

Written by Briana Eicher, RD, CD

The USDA has introduced a new feature to help individuals and families eat healthy on a budget. This feature, called "Healthy Eating on a Budget," includes practical tips for shopping, cooking, and preparing menus and recipes. An example of a practical tip for healthy eating on a budget is shown here.

The suggested steps to eating healthy on a budget include:

- Create a Grocery Game Plan
- Shop Smart to Fill Your Cart
- Prepare Healthy Meals

Download materials such as a grocery list template and a weekly meal calendar for planning meals ahead of time. A complete 2-week menu with recipes and a grocery list is also available. Tips for choosing healthy choices in every aisle, timesaver ideas in the kitchen, and tasty, low-cost recipe ideas are other great resources included with the new feature.

A graphic titled "Tip of the Week!" with a green dollar sign icon. The tip text is enclosed in a dashed green border.

**\$ Tip of the Week!**

For a fast lunch or supper, melt low-fat cheese over bread, add sliced tomatoes and sprinkle on chopped herbs.

*Practical tips for healthy eating on a budget*

Visit <http://www.choosemyplate.gov/budget/index.html> to take advantage of these free resources and to learn more.