



# Safe Food for the Hungry

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

Spring 2002

## Help Fight Hunger This Summer: Utilize the Summer Food Service Program in Your Community

### *USDA's Summer Food Service Program: A Wonderful Service Opportunity*

Are there children in your community who will go hungry this summer?

Children from low-income families are eligible to receive free or reduced-price meals during the school year through the National School Lunch and School Breakfast Programs. But those programs end when school ends for the summer. The U.S. Department of Agriculture's Summer Food Service Program for Children (SFSPC) helps fill the hunger gap.

Indiana, among other states, has not participated in this program as fully as possible. This year, the state Division of School and Community Nutrition Program targeted certain cities with the goal of increasing participation in this supplemental food program. Some of the cities targeted for higher participation include: Kokomo, Lafayette, Anderson, Muncie, and Richmond.

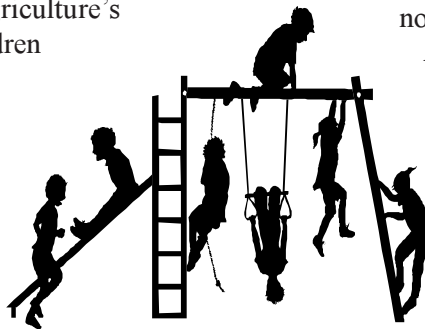
"Good nutrition is essential for effective learning every day, all year long," said Stan Garnett, Director, Child Nutrition Division, Food and Nutrition Service (FNS), U.S. Department of Agriculture. "Just as learning does not end when school lets out, neither does the need for good

nutrition. The Summer Food Service Program helps children get the nutrition they need to learn, play, and grow throughout the summer months when they are out of school."

The SFSPC was created to ensure that children in lower-income areas could continue to receive nutritious meals during long school vacations, when they do not have access to school lunch or breakfast.

According to Garnett, nearly 14 million children depend on nutritious free and reduced-price meals and snacks at school for nine months out of the year, yet only about 2.3 million receive the free meals provided by the SFSPC during the summer months.

"We know that needy children may lack a nutritious meal during summer vacation because there is not enough food for them at home," Garnett said. "During those long summer months, the SFSPC serves what is too often the only nutritious meal of the day for some children, yet it continues to be underutilized."



*Continued on page 2*

**"During those long summer months, the SFSPC serves what is too often the only nutritious meal of the day for some children, and yet it continues to be underutilized."**

Stan Garnett, Director, Child Nutrition Division

### On the Menu

#### What's Happening?

Summer Food Service Program.....	1,2
What is Social Capital?.....	6
America's Second Harvest Hunger Report.....	7
<b>Food Safety</b> .....	<b>3</b>
<b>In the Kitchen</b> .....	<b>4</b>
<b>Personal Glimpses</b> .....	<b>2</b>

Continued from page 1



The SFSPC is the single largest Federal resource available for local sponsors who want to combine a feeding program with a summer activity program. Schools, public agencies, and private nonprofit organizations may apply to sponsor the program. All sponsors receive training before starting the program to learn

how to plan, operate, and monitor a successful food service program.

“We know that there is a link between nutrition and learning. Children who have access to wholesome meals learn better, act better, and feel better,” Mr. Garnett said. “We must ensure, both for our future and for theirs, that needy children have access to nutritious meals during the summer.”

Why not take advantage of this

valuable resource to provide nutritious meals to children in your community? In addition to becoming a sponsor, you can partner with sponsors in your community to “adopt” a site.

You can make your community leaders aware of the Summer Food Service Program for Children. You can help bring this program into your community and reach those hungry children this summer.



*For Further Information  
Please Contact:  
Julie Sutton, Program Coordinator  
Division of School and  
Community Nutrition Programs  
317-232-0850 or  
800-537-1142*

## One Success Story About Summer Food Service

Tanya Fry works with the Youth Service Bureau of Tippecanoe County at Community and Family Resource Center, Inc. (CFRC). Triangle Park, a popular summer day camp is offered there annually, and features breakfast and lunch, compliments of the Summer Food Service Program for Children.

When interviewed, Fry noted that Triangle Park did not always serve full meals. “Our campers used to bring their lunches from home. Unfortunately, some children arrived without a lunch, or with one piece of food. The SFSPC has enhanced our day camp by providing healthy food kids enjoy, with plenty for everyone.”

Each year Indiana offers brief but complete training workshops for individuals who plan to help with the Summer Food Service Program. The workshops introduce people to rules and regulations of this USDA supplemental food program. Tanya Fry’s experience verifies the

### PERSONAL GLIMPSES

helpfulness of these annual training meetings. “As long as you pay attention at the training session, assign duties clearly and follow rules and regulations, running the program is actually pretty easy. Regional coordinators are eager to help you be successful too.” Tanya suggests:

**\*\*Make sure your food is correctly prepared, following all food temperature, handling, and safety regulations.**

**\*\*Make sure your vendor (your contracted commercial kitchen) understands the proper proportions to use. To meet regulations, each child must receive the appropriate amount of each type of food at every meal.**

“Most of the kids just love the food, but be careful if one says no thanks for a certain food item. Everyone serving the food needs to follow the regulations dictating that every child must receive the food on the menu, in the proper proportion, whether they plan to eat it or not.”

Representatives from the Division of School and Community Nutrition Programs are assigned to different regions in the state. The representatives plan training and support for those citizens interested in offering youth access to the Summer Food Service Program. Visit the website: <http://www.fns.usda.gov/cnd/Summer/default.htm>, or call Julie Sutton at 1-800-537-1142 for more information.

The best part of running this program, according to Tanya Fry, is “knowing that every child gets a good breakfast and a hot lunch. Without it, some would go hungry. The most difficult part is finding the right volunteers who will pay attention to the details and be dependable.” Fortunately for the kids at Triangle Park, Tanya Fry has found a way to make the Summer Food Service Program for Children a success. We hope you will too.

## Be Cool: Keep Temperatures In The Right Range

by Jeanette Evans, Foods and Nutrition Graduate Student, Purdue University  
and Martha Gipson, editor

### *Why is Food Storage Temperature Important?*

It's a practical matter of food safety. Food spoilage is reduced when temperatures are kept in the proper range. Germs will stay in check if food is at a safe temperature. Naturally, foods will be more appealing for a longer time when appropriately stored.

### *What Can You do to Keep Temperatures in the Right Range?*

For the freezer and refrigerator, a thermometer is placed in an area where the temperature is easy to locate and read. Make a point to check these thermometers on a regular basis. If the temperature is out of range, take action to correct the temperature of the freezer or refrigerator by checking the simple things first. Make sure the freezer or refrigerator is not overloaded with foods and the door shuts securely.

Plan ahead when removing foods to avoid constantly opening the refrigerator or freezer door as this increases the appliance's internal temperature.

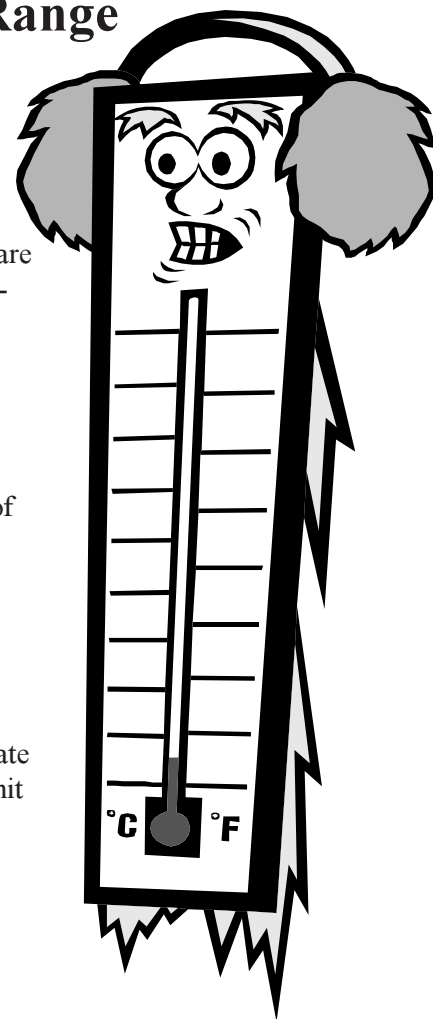
For the dry storage room, a thermometer is placed in an area where it is easy to locate and read. If the room is too hot, place a fan in the area or turn on the air conditioner. Limit the sun exposure by placing curtains or blinds on the windows.

### *How are Records of Temperatures Best Kept?*

Palacio and Theis, co-authors of the book Introduction to Foodservice, recommend that temperatures be checked twice a day to monitor any fluctuations. Temperatures outside the recommendations need to be noted and appropriate action must be taken to ensure food safety. Dry Storage, Refrigerator and Freezer record log sheets are available at our website:

<http://www.cfs.purdue.edu/safefood/sfhungry.html>  
under the Food Safety References Link.

*Regulations for safe temperatures are outlined in the Indiana Food Code, Title 410 IAC 7-20.*



Proper Temperature Ranges		
Dry Storage	Refrigerator	Freezer
50° – 70°F	At or below 41°F	At or below 0°F

### A Word From The Editor

As the new editor for the Safe Food for the Hungry Newsletter, I am busy learning more about the work of staff and volunteers at food assistance organizations in Indiana.

If you have a story you would like to share or a topic you would like to learn more about, don't hesitate to contact me.

I work with Carol Boushey, Assistant Professor in the Department of Foods and Nutrition, to write and design the newsletter. When articles appear without crediting a particular author, readers may safely assume it's the work of the editor. However, when we have submissions from guest writers as is the case with this newsletter, we will be sure to credit them.

*Martha Jane Gipson*

# Raisins Rock!

***Don't Let Dust Settle On All Those Little Boxes Of Raisins!  
Try Our Raisin Recipes "BY THE BOX"!***

by Nicole Gaviola, Foods and Nutrition Student, Purdue University



*Made from dried grapes, raisins are a versatile fruit that you can take with you anywhere. The packages are small enough to fit into your purse, a school bag, a pocket, and even your hand. If you get hungry while you're away from home, instead of stopping for fast food, enjoy some fast fruit.*

*Raisins will keep for quite some time; if kept in a good storage area, spoilage should not be problem. One box of raisins equals about 1/4 cup, this supplies around 125 calories, and about 2 grams of fiber. About as much energy as a snack-size bag of chips, raisins have a good amount of fiber; this will fill you up and is something we all need. A healthy food, raisins are a great part of a healthy diet.*

## Stuffed Banana Smiles (1 box recipe)

Yield: 1 Stuffed Banana Smile

### **Ingredients:**

1 medium size banana  
1 Tablespoon or one half box Raisins  
1 Tablespoon Semi-sweet chocolate chips  
(milk or white)

### **Directions:**

1. Place banana with peel on, flat on its side on a microwave safe plate.
2. Starting and ending 1/4-inch from the ends of the banana, cut a slit lengthwise through the banana to the skin on the other side. **DO NOT CUT THROUGH BOTH SIDES OF THE SKIN.**
3. Gently open the banana.
4. Use your fingers to stuff the banana with raisins, and then add chocolate chips.
5. Microwave on high for 40-60 seconds or until chocolate begins to melt and banana is still firm. Banana skin may darken slightly.
6. Eat immediately, scooping with a spoon right out of the banana peel.

Source: [www.sunmaid.com](http://www.sunmaid.com)

## Rice Pudding (2 box recipe)

Yield: 6 servings

### **Ingredients:**

1 ½ cups cooked rice  
1/2 cup or two boxes raisins  
1/3 cup sugar  
1/4 teaspoon cinnamon  
2 cups scalded milk  
1 teaspoon vanilla  
2 eggs beaten

### **Directions:**

1. Heat oven to 350° F.
2. In a 1½ quart ungreased casserole, combine all ingredients and mix well.
3. Place casserole dish in baking pan with 1 inch of hot water.
4. Bake for 45-55 minutes, or until knife inserted in center comes out clean.
5. Serve warm or chilled.

Source: Pillsbury Kitchen Family Cookbook (1979)

### Oatmeal Raisin Cookies (2 box recipe)

Yield: 16 cookies

#### Ingredients:

- |                        |   |
|------------------------|---|
| 3/4 cup sugar          | 1 cup flour                               |
| 2 Tablespoon margarine | 1/4 teaspoon baking soda                  |
| 1 egg                  | 1/2 teaspoon ground cinnamon              |
| 1/4 cup applesauce     | 1 cup and 2 Tablespoons quick rolled oats |
| 2 Tablespoons milk     | 1/2 cup, or 2 boxes, raisins              |

#### Directions:

1. Preheat oven to 350°F and lightly grease cookie sheets.
2. In large bowl, use electric mixer on medium speed to mix sugar and margarine. Mix until well blended, about 3 minutes.
3. Slowly add egg; mix on medium speed 1 minute. Gradually add applesauce and milk; mix on medium speed, 1 minute. Scrape sides of bowl.
4. In another bowl, combine flour, baking soda, and cinnamon. Slowly add to applesauce mixture; mix on low speed until blended, about 2 minutes. Add oats and raisins; blend 30 seconds on low speed. Scrape sides of bowl.
5. Drop by teaspoonfuls onto cookie sheet, about 2 inches apart.
6. Bake until lightly browned, about 13 to 15 minutes. Remove from baking sheet while still warm. Cool on wire rack.

Source: USDA, Recipes and Tips for Healthy and Thrifty Meals.

### YUMMY Suggestions for all those raisins:

\*Put them in your cereal\*

\*Put them in your yogurt\*

\*Mix them in with some pudding\*

\*Celery with peanut butter and raisins\*

\*Take them with you as a snack on the go\*

\*Perfect for a snack at daycares\*

\*Mix with other fruit (Fruit Salad)\*

\*Put them on ice cream\*

\*Make a trail mix\*

### Raisin Sauce For Ham (2 box recipe)

Yield: About 2 cups

#### Ingredients:

- 1/2 cup brown sugar
- 1 teaspoon dry mustard
- 2 teaspoon cornstarch
- 2 tablespoon vinegar
- 1/4 teaspoon grated lemon peel
- 2 tablespoon lemon juice
- 1 1/2 cups water
- 1/2 cup raisins
- 2 tablespoons butter

#### Directions:

1. Mix brown sugar, mustard, and cornstarch.
2. Slowly stir in vinegar.
3. Add grated lemon peel, lemon juice, water, raisins and butter.
4. Stir over low heat until thickened.
5. Serve hot.

Source: Better Homes and Gardens New Cook Book



# What is Social Capital?

Researchers continually examine the meaning of food security and its relation to community. Katie Martin, Research Director at the Hartford Food System, recently studied low-income households in Hartford, Connecticut and discovered a link between food security and social networks. Martin claims:

*“...food insecurity is a combination of limited income at the household-level, limited access to food resources at the community-level, and limited social networks.”*

*“Social Capital, a measure of social networks and trust, helps protect against hunger.”*

Social capital is a resource we all need and value. The ability to connect with other individuals and share resources encompasses social capital. As one positive result of community networking, social capital represents the potential of people helping people.

Knowing who is out there and what they are doing enables one to draw upon resources more wisely. In other words, we have more of a chance of working together and helping each other when we know about one another's activities and resources.

Social Capital is the resource typically in short supply in poverty-ridden neighborhoods. When people do not have these additional connections, their access to resources is more limited than it would be otherwise.

While studies conducted previously revealed connections between social capital and health, and social capital and lower crime rates, Martin's study is the first to look at the relationship of social capital and food security. According to Martin, food secure households, compared to food insecure households:

- Have higher degrees of social capital
- Are more likely to be involved in social or civic organizations, and
- Have lived in their house or apartment for a longer length of time.

Martin suggests that instead of concentrating all our efforts on food assistance, we need to build community to fight hunger. We can devote more time to projects like Big Brothers/Big Sisters, literacy programs and neighborhood watch activities.

Throughout the nation, charitable foundations are beginning to focus on this goal. Help your community join in this effort by calling a meeting to discuss options such as those in the following list.

1. Support local businesses.
2. Attend a town meeting, or offer to serve on a town or school committee.
3. Register and remember to vote.
4. Volunteer your time to a cause you care about.
5. Learn Spanish and other languages for better communication.
6. Gather a group to clean up a local park or town green.<sup>1</sup>

For more information, visit **The Hartford Food System's website: [www.hartfordfood.org](http://www.hartfordfood.org).**

<sup>1</sup>This list was adapted from the Hartford Foundation for Public Giving's publication of the New Hampshire Charitable Foundation.



# America's Second Harvest (A2H) Nationwide Study Profiles Hunger in America: Who's Hungry and Why

by Nicole Gaviola, Foods and Nutrition Student, Purdue University

To end hunger we must know more about it. Hunger in America 2001 National Report is America's Second Harvest's third major study of hunger in America. More than 32,000 individual clients were interviewed, and 104 food banks participated in this study. Mathematica Policy Research Inc. took the data collected and turned it into information that can be used to study and learn more about America's hungry

In 2001, 23.3 million different people were served by the A2H network, which includes food pantries, soup kitchens, and shelters. This report provides detailed demography of the clients in the A2H network.

It also gives us a better idea of what programs people are using and how well these programs are working. Among these programs are the Food Stamp program, the WIC program and various programs for children and seniors. The Food Stamp program is the largest and most widely available government nutrition assistance program. Approximately 2.7 million people participate in the Food Stamp program. With so many individuals using this program it was surprising to find that on the average, food stamps last only about 2.3 weeks.

A result of this is more food insecurity with hunger, and adults and children skipping meals because of the lack of resources to buy food. The decision makers in the family have no money to buy food because the money has to be used for rent or mortgage, heating bills and other utilities, and medicine. Because the average amount of time the food stamps last is a little over two weeks, it is easier to understand that almost a quarter of the clients who do not receive food stamps, do not apply for them because they think it is too much of a hassle.

Among the households with at least one child ages 0-5 years old, over half participate in the WIC program and nearly half benefit from government assistance for childcare. For those households with at least one child under 18 years of age, nearly two thirds utilize the school lunch and about half utilize the school breakfast program.

Households with one or more seniors do not seem to be taking advantage of the assistance provided them. Not even a quarter of the households with one senior, 65 years old or older use senior sites, meals on wheels or brown bag programs. These programs only provide food for the

individual enrolled in the program. For example WIC food goes only to mother and child, school lunch and breakfast only go to the child, senior services go only to the senior; no other family member can benefit from these types of food programs.

During the past year, over three-fourths of the A2H client households reported that the food they bought "just didn't last." Nearly two-thirds of the clients said they "couldn't afford to eat balanced meals." Although this was reported, client satisfaction is overwhelmingly high.

Nearly all the clients when describing the programs reported being very or somewhat satisfied with the services rendered. This included the amount of food that the agencies were allowed to give away, the variety of food, and the overall quality of the food. Almost the same number of clients agreed that they were treated with respect all of the time by the people working at the sites.

All the Emergency Food programs interviewed rarely or never had to reduce meal portions or reduce the quantity in food packages because of lack of food; however they have all had to turn away some clients at some point.

For the shelters and kitchens the main reason they had to turn people away was because a client exhibited a drug, alcohol or behavior problem. The pantry's main reason to turn away clients was because the client abused the program by visiting the pantry too often. Three-fourths of the programs are run by faith-based organizations so it is not surprising that the biggest problem facing the programs is funding. The clients were asked what they would do if the program they were using didn't exist. The clients said they would use another agency or turn to family and friends.

The Hunger in America 2001 National Report includes much more information that cannot be included in a summary. A copy of the entire report can be found at [www.hungerinamerica.org](http://www.hungerinamerica.org). These findings and future findings may help us combat the hunger problem in America. We must remember that although hunger in America is not like the famine or starvation witnessed in developing countries, the effects on the individual and society are not that different.



## Safe Food For the Hungry

Department of Foods and Nutrition  
Stone Hall  
Purdue University  
West Lafayette, IN 47907-1264

*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**



# Safe Food for the Hungry

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

Spring 2002

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.

Send comments to: Martha Jane Gipson  
Department of Foods and Nutrition, Stone Hall  
Purdue University  
West Lafayette, IN 47907-1264  
Phone: (765) 494-8186 Fax: (765) 496-0906  
E-mail: [gipsonm@cfs.purdue.edu](mailto:gipsonm@cfs.purdue.edu)

*It is the policy of the Purdue University Cooperative Extension Service, David C. Petritz, Director, that all persons shall have equal opportunity and access to its programs and facilities without regard to race, color, sex, religion, national origin, age, or disability. Purdue University is an Affirmative Action employer. This material may be available in alternative formats.*

**1-888-EXT-INFO**

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