



INDIANA'S FOOD FOR THE HUNGRY

A Newsletter for the Staff and Volunteers of the Emergency Feeding Programs

DECEMBER 2011

Ask the Expert:

How do I create a child-friendly environment at my food pantry?



The recent economic downturn may spur emergency food use for many Hoosier families. More family visits to emergency food feeding sites may bring more children to your facilities. Thus, it is important to create a child-friendly environment that provides a comfortable, relaxed, and even educational experience for children.

Children's interest will be enhanced if they can be involved in family activities at the emergency food provider site in some way. Here are a few ideas for facilitating child participation at your facility:

- Explain how a food pantry operates to children using child-friendly language and descriptions.
- Accept books as donations and provide an age-appropriate book to all children who accompany their parents to the pantry.
- Allow children to help their parents or caregivers by

encouraging interaction with food selection, bagging food items, and packing food into the car for transport.

- Give children a job such as moving boxes or restocking shelves – they will probably enjoy it!

You may also wish to provide some basic food safety information to children during their visit. Relevant tips may include how to practice proper hand washing, the importance of keeping cold foods cold and hot foods hot, and the importance of keeping surfaces clean. Children love to learn; child visits to the food pantry are an opportunity to educate both the child and the caregiver.

A positive experience for children and families can ameliorate fears and worries associated with needing food assistance and allow them to consider using the food they receive to create a positive and enriching family meal.

We are looking for photos!

If you are willing to share photos or images from your agency that we can feature on our website, please contact Dr. Heather Eicher-Miller at: heicherm@purdue.edu

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Food Safety During the Holidays



Many people celebrate with family, friends, and coworkers during the holidays and food is usually a significant part of these celebrations. A few simple steps can ensure a delicious and safe meal for you, your family, and friends.

- Wash hands frequently. Proper hand washing is the most effective way to keep food and guests safe. Wash hands for 20 seconds with soap and water following restroom use, before food preparation, after handling raw meat products, and before eating.
- Cook foods thoroughly. Anytime you are preparing meat, be sure to heat to at least these minimum internal temperatures:
 - Beef, pork, lamb and veal steaks, chops, and roasts: 145°F
 - Ground beef, pork, lamb, and veal: 160°F
 - Poultry: 165°F
- Take temperatures. Cooked, hot foods should be kept at 140°F or warmer. Use a food thermometer (the only safe way to ensure proper temperature) to check temperatures.
- Keep it cold. Cold foods should be kept at 40°F or less. Keep cold foods refrigerated until just before serving. If food is going to stay out longer than two hours, place cold food on ice to retain the chill.
- Remember the “Two-Hour Rule”. Don’t leave perishable food out at room temperature for more than two hours.
- Store leftovers safely. Separate foods into shallow containers within 2 hours of cooking. Use leftovers within 3-4 days or freeze. Reheat thoroughly to a temperature of 165°F or until hot and steaming.

Get answers to your holiday food safety questions by visiting the “Ask a Food Safety Expert” site at www.foodsafetyanswers.org.

Source: USDA Food Safety and Inspection Service, www.fsis.usda.gov/factsheets/Seasonal_Food_Safety_Fact_Sheets/index.asp

Food Recall Information

For information about current and previous food recalls:

- FDA: <http://www.fda.gov/Safety/Recalls/default.htm>
- Food safety information provided by government agencies: www.foodsafety.gov/keep/recalls/index.html
- CDC’s toll-free public inquiries hotline (1-800-CDC-INFO or 1-800-232-4636)

Eating Right with Dried Beans

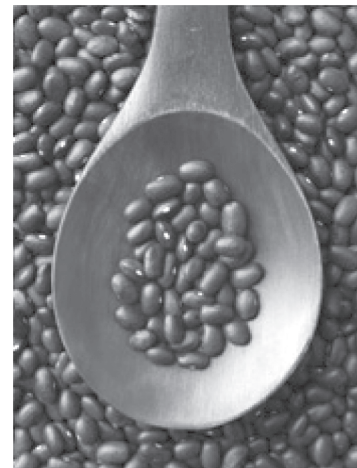
Dry beans are packed with protein, fiber, and other nutrients and are low in fat and sodium. One half cup of cooked, dry beans is 2 ounces from the protein or vegetable group.

Storage:

- Store dry beans in a cool, dry place off the floor.
- After opening, store unused dry beans in a resealable plastic bag.
- Store cooked beans in a covered container not made from metal and refrigerate. Use within 2 days or freeze.

Preparation/Cooking:

- Dry beans should be sorted to remove small stones or other objects.
- Once sorted, place beans in a pot or strainer and rinse a few times under cold running water.
- Use the overnight soak method listed below. Note: Dry beans absorb liquid and can double or triple in size when soaked and cooked, so make sure that you use a large enough pot.



Uses and Tips:

- Cooked beans can be used in salads, soups, casseroles, stuffing, tacos, burritos or breads; with rice or pasta; and with or without meat.

Source: USDA Household Commodity Fact Sheet: http://www.fns.usda.gov/fdd/facts/hhpfacts/New_HHPFacts/Beans/HHFS_BEANS_PINTO_DRY_A914_Final.pdf

Overnight Soak Method

1 CUP DRY BEANS MAKES ABOUT 3 CUPS
COOKED BEANS

Directions:

1. Place beans in a pot and cover with water so that the water level is at least 3 inches above the beans.
2. Soak overnight. Drain the soaked beans; rinse with clean water and drain again.
3. Put beans in pot (or keep in same one), add clean water (about 3 cups if you started with 1 cup of dry beans), bring to a boil, turn the heat down to low, and cook closely until tender - about 2 hours.
4. You may need to add more water during cooking. The beans are now ready to use in recipes that call for cooked or canned beans.

Source: USDA Household Commodity Fact Sheets and Recipes:
http://www.fns.usda.gov/fdd/facts/hhpfacts/New_HHPFacts/Beans/HHFS_BEANS_PINTO_DRY_A914_Final.pdf

* Underlining denotes commodity food ingredient

Bean Soup

Yield: 8 servings

Ingredients:

- 1 cup dry pinto beans, soaked and drained
- 4 cups low sodium chicken broth
- 4 cups water
- 2 cups tomato sauce, tomato juice, or canned tomatoes
- 1 onion, chopped
- 1 tsp dried oregano or basil (optional)
- 1/4 cup uncooked pasta

Directions:

1. Place beans, broth, water, tomato sauce, juice, or tomatoes, and onion in a pot. If using oregano or basil, add that too.
2. Cover and cook on medium heat for 2 to 3 hours.
3. Add pasta and cook until soft. Serve hot.

Source: USDA Household Commodity Fact Sheets and Recipes:
http://www.fns.usda.gov/fdd/facts/hhpfacts/New_HHPFacts/Beans/HHFS_BEANS_PINTO_DRY_A914_Final.pdf



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IN THE NEWS

Financial and nutrition programming for limited resource audiences available through Purdue Extension

Purdue Extension educators in each county of the state, bring the expertise and resources of Purdue University to address the needs of Indiana's families in the areas of:

- Children and Families
- Food and Health
- Home and Money

Health and Human Sciences Extension provides informal educational programs that extend science-based knowledge, teach skills, and promote health and well-being.

Purdue Extension specifically focuses on the needs of limited resource Hoosiers through nutrition and financial programming. Details regarding Extension programming can be found in the enclosed insert.

Purdue Extension
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1-888-EXT-INFO