



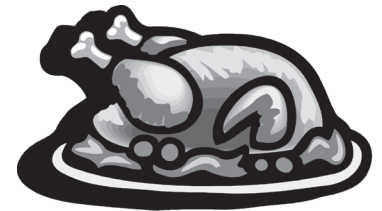
# INDIANA'S FOOD FOR THE HUNGRY

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

DECEMBER 2009

## ASK THE EXPERT

Could you offer some tips on how to use commodity foods for holiday meals?



### Expert Answer:

The holiday season is a time to enjoy friends and family while feasting on traditional meals. Healthy food choices are available and are simple to prepare using commodity foods.

Developing a meal plan before you eat will allow you to spend more time with family and friends. Commodity foods can easily be made into delicious holiday meals.

When preparing a holiday meal, be sure to include foods from all of the major food groups. For example, turkey or chicken can be roasted and served as the main course. Corn and green beans make perfect side dishes. Apples baked with sweet potatoes are the perfect way to end the meal. Lowfat milk makes the perfect beverage.

Mixed vegetables can be tossed into a chicken soup that is served before the main course. Walnuts can be used to make a delicious pie or baked into muffins.

Also, be sure to take an inventory of the food items already in your kitchen cabinets, refrigerator and freezer. Creative meals can be made with the food that is already there.

For example, cream soups can be heated as a main dish or appetizer or mixed with vegetables (canned or frozen) for a heartier meal. Oats can be used in holiday breads or cookies.

Leftover food from the holiday meal makes perfect fare for the days following. Serve leftovers differently for the next meal. Use in a salad, casserole, sandwich, stew or soup.

The insert of the December newsletter contains 8 recipes that offer tips on how to use commodity foods to create delicious, low cost holiday meals. The recipes are reproducible and can be copied and handed out to clients during the holiday season.

**Happy Holidays!!**

### Ask the expert:

Future questions for the newsletter can be mailed or e-mailed to:

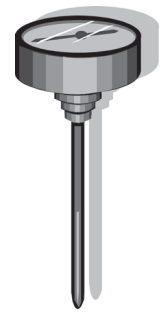
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# Holiday Food Safety



A large, traditional meal is at the center of many holiday traditions. From making nutritious choices at holiday parties to preparing an oven-roasted turkey safely, the holiday season brings about many questions about food safety and health. The following guidelines can help make a fun, safe holiday season.

## **FOLLOW THE FIGHT BAC! RULES: CLEAN, SEPARATE, COOK AND CHILL**

**Clean:** Wash hands and surfaces often.

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food.
- Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before going on to the next food.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.

**Separate:** Don't cross contaminate!

- Keep raw meat, poultry and seafood and their juices away from ready-to-eat foods. Designate separate cutting boards for raw meats and produce.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.

**Cook:** Cook food to proper temperatures.

- Use a food thermometer to measure the internal temperature of cooked meat, poultry and egg dishes, to make sure that the food is cooked to a safe internal temperature.
- Make sure there are no cold spots in food when cooking in a microwave oven. For best results, cover food, stir and rotate for even cooking.

**Chill:** Refrigerate promptly!

- Bacteria spreads at temperatures between 40 °F and 140 °F. Be sure to chill foods properly (keep a constant refrigerator temperature of 40 °F or below) to reduce the risk of foodborne illness.
- Never defrost meat on the counter! Meat can be thawed in the refrigerator or under cold, running water.
- Store leftovers safely. Never leave hot or cold food sitting out for more than 2 hours.

Sources: Holiday Food Safety Success Kit. 2009 & Partnership for Food Safety Education: [www.fightbac.org](http://www.fightbac.org)

## **Food Recall Information**

For information about current and previous food recalls:

- FDA: <http://www.fda.gov/Safety/Recalls/default.htm>
- USDA (meat, poultry and egg recalls): [http://www.fsis.usda.gov/FSIS\\_RECALL](http://www.fsis.usda.gov/FSIS_RECALL)
- CDC's toll-free public inquiries hotline (1-800-CDC-INFO or 1-800-232-4636)

# Holiday Leftovers



Holiday meal leftovers have almost as many traditions as the meals themselves. Use one or more leftover foods from the holidays or any day to make an easy skillet meal. See instructions below.

## Skillet Meals: Master Recipe

<b>Grains</b>	<b>Milk and Cheese</b>	<b>Meat and Beans</b>	<b>Vegetables</b>
2-3 cups cooked or 1 cup raw plus 1 cup water		1 pound or 1 1/2 cups COOKED	1 1/2 to 2 cups canned, cooked, raw or frozen
- Macaroni	- 1 can soup plus 1 can liquid milk	- Chopped beef	- Carrots
- Spaghetti	- Cream of potato plus milk	- Chopped pork or ham	- Peas
- Brown or white rice	- Tomato soup plus water	- Beans	- Green beans
- Noodles	- 1 cup low fat cheese plus 2 cups milk or nonfat milk	- Tuna	- Broccoli
- 2 cups chopped potato		- Chicken ground or cubed	- Mushrooms

1. Choose one food from each of the 4 groups above. Stir together in a skillet.
2. Season to taste with Worcestershire sauce, chili powder, soy sauce, Italian seasoning, garlic powder, salt or pepper.
3. Reduce heat to lowest setting. Cover pan and simmer 30 minutes until pasta, rice or potatoes are tender.
4. Makes 4 to 6 servings.

Source: Small Steps to Health: Family Nutrition Program, Purdue Extension

### Turkey Roast and Rice Soup

Yield: 8 servings

Serving size: 1 cup

#### Ingredients:

1 cup turkey roast, chopped	4 cups water
4 celery stalks, chopped	1 Tbsp margarine
4 carrots, peeled and sliced	1 cup rice, uncooked
1 can green beans, drained	1 tsp black pepper
1 chicken bouillon cube	1 onion, chopped

#### Directions:

1. In a large pot, over high heat, add the turkey roast, celery, carrots, onion, bouillon cube, black pepper, and 4 cups of water. Bring to a boil, reduce the heat, and cook over low heat for 30 minutes.
2. Cook rice according to package directions.
3. Add cooked rice and green beans into the soup and stir.
4. Cook for 5 more minutes and serve warm.

Source: TEFAP, [www.fns.usda.gov/fdd/programs/tefap/cfs\\_tefap.htm](http://www.fns.usda.gov/fdd/programs/tefap/cfs_tefap.htm)

### Ham and Pasta Salad

Yield: 6 servings

Serving size: 1 cup

#### Ingredients:

2 cups macaroni, uncooked	4 Tbsp light mayonnaise
1 small onion	2 stalks celery, chopped
1 green pepper, chopped	1 tsp mustard
1 tsp garlic powder	1/4 tsp black pepper
6 oz (about 1 cup) frozen ham, thawed and chopped	

#### Directions:

1. Cook macaroni according to package directions. Rinse with cold water until macaroni is cool.
2. Combine all ingredients in a large bowl, mixing well.
3. Refrigerate for at least 1 hour before serving.

Source: TEFAP, [www.fns.usda.gov/fdd/programs/tefap/cfs\\_tefap.htm](http://www.fns.usda.gov/fdd/programs/tefap/cfs_tefap.htm)



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IN THE NEWS

## Going Green with the Newsletter



Indiana's Food for the Hungry newsletter is going "green". We are providing our readers with the opportunity to receive the newsletter electronically instead of by mail. If you would like to support this effort and your organization has the means to receive the newsletter via e-mail, please contact us with your organization's name and e-mail address. We can be reached electronically at: [safefood@purdue.edu](mailto:safefood@purdue.edu).

Thank you for supporting this effort!