



INDIANA'S FOOD FOR THE HUNGRY

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

OCTOBER 2009

ASK THE EXPERT

“Some of our clients receive WIC foods. Have those foods changed recently?”



Expert Answer:

Yes, after more than 30 years, the WIC food packages are changing! The Women, Infant and Children's Program (WIC) offers benefits to women that are pregnant or breastfeeding, and infants and children under the age of five.

The Indiana WIC food package changes were implemented on September 28, 2009. These changes will help families meet the Dietary Guidelines for Americans, the Healthy People 2010 Goals and Objectives, strengthen breastfeeding support and promotion, and meet the American Academy of Pediatrics (AAP) recommendations. The new food packages encourage the consumption of fresh vegetables, fresh fruits, and emphasize whole grains.

Food packages for women and children will include:

- Cash-value vouchers for the purchase of fresh vegetables and fruits at the grocery store.
- Whole grains in the form of whole grain breads, brown rice, soft corn and whole wheat tortillas.
- Canned beans will be a new option.

And, to reduce the total fat and cholesterol content of the woman and child food packages, the amount

of eggs, milk, and cheese offered will be decreased, and whole milk will only be allowed for children one to two years of age. Further, in keeping with AAP recommendations addressing 100% juice intake for children, juice is being decreased in the child food package. The new amount provided will allow a four ounce serving of juice per day per child.

For infants six months of age, complementary foods such as baby food vegetables, fruits, and infant cereal are being added to their food package. Also, to provide additional iron and zinc, the fully breastfeeding infant will receive baby food meats while mom will be offered a wider variety of canned fish choices.

In addition to WIC being a supplemental food and referral program, WIC educates participants on sound nutrition facts. As part of this education process, Indiana WIC has joined the Sesame Workshop's Healthy Habits for Life initiative. This initiative offers simple and fun strategies that help instill age appropriate healthy behaviors in children while building their self confidence too. The new food package changes along with these Healthy Habits for Life materials are

sure to promote optimum growth and development for all Indiana WIC-Women, Infants and Children!

Ask the expert:

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

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The Importance of Handwashing During Flu Season



According to the Centers for Disease Control and Prevention, handwashing is the single most important means of preventing the spread of infection.

To help control the spread of germs this flu season, follow these guidelines:

- Wash hands before you eat or prepare food, take care of someone who is ill, bandage a cut or sore or put contact lenses in and out.
- Wash hands after you go to the bathroom, blow your nose, cough or sneeze, change a diaper, pet an animal, handle raw meat, fish or poultry or use items after another person has touched them.

How to effectively wash your hands:

1. Wet hands with warm, running water.
2. Add soap and run hands together to make a soapy lather.
3. Be sure to wash the front and back of your hands, between fingers, under nails and include wrists.
4. Scrub for 15 to 20 seconds, the equivalent of singing the ABC song twice.
5. Turn off the faucet with a clean paper towel.
6. Dry hands thoroughly with a clean paper towel.
7. Use the paper towel to open the exit door of the bathroom, then throw the paper towel away.

Sources:

- eXtension: www.extension.org/pages/Hand_Washing_More_Important_Than_Ever
- University of Nebraska-Lincoln Extension in Lancaster County and Lincoln-Lancaster Health Department. <http://lancaster.unl.edu/food/handwashing.shtml>

Look for a free reproducible handwashing insert inside!

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
- CDC's toll-free public inquiries hotline (1-800-CDC-INFO or 1-800-232-4636)

Walnuts

Walnuts are packed with nutrition. They contain omega-3 fats which are good for the heart. Eating a handful of walnuts as a snack or in food can help promote heart health. In addition, walnuts contribute many beneficial nutrients to the diet. Walnuts are high in protein, fiber, magnesium and phosphorus.



Storage of shelled walnuts (removed from the shell):

- For optimum freshness, store walnuts in the refrigerator in an airtight container for up to 6 months.
- Store walnuts in the freezer in an airtight container for up to one year.

Uses:

- Sprinkle onto salads
- Top hot or cold cereals
- Add to muffin, pancake, bread or cookie batter
- Add to a cheese platter
- Combine into side dishes with rice or pasta
- Eat as a snack



Source: California Walnut Board, www.walnuts.org/

Waldorf Salad

Yield: 6 servings

Serving size: 2/3 cup

Ingredients:

- 1/4 cup walnuts, chopped
- 2 apples cored and diced
- 1 cup celery, diced
- 1/2 cup raisins
- 1/4 cup non-fat, plain yogurt
- 1/2 teaspoon sugar
- 1 teaspoon lemon juice

Directions:

1. Preheat oven to 350° F.
2. Place chopped walnuts on a baking sheet and bake for 12-15 min. Stir occasionally until evenly toasted.
3. Combine apples, celery, nuts and raisins.
4. Stir together yogurt, sugar and lemon juice. Pour over apple mixture and toss lightly.
5. Refrigerate leftovers within 2-3 hours.

Source: SNAP-Ed Recipe Finder: http://recipefinder.nal.usda.gov/index.php?mode=display&rec_id=968

Zucchini Walnut Bread

Yield: 1 loaf cut into 12 slices

Serving size: 1 slice

Ingredients:

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|-------------------------|-----------------------|
| 1 3/4 cups flour | 1/2 cup vegetable oil |
| 3/4 tsp. baking soda | 1 cup grated zucchini |
| 3/4 tsp. salt | 1/2 cup raisins |
| 1/2 tsp. cinnamon | 4 eggs |
| 1/2 tsp. baking powder | 1/2 tsp. vanilla |
| 1/4 cup chopped walnuts | 1 cup sugar |

Directions:

1. Preheat oven to 350° F. Grease and flour loaf pan.
2. Whisk together flour, baking soda, salt, cinnamon and baking powder.
3. In a large bowl, beat the eggs. Gradually beat in sugar, then oil. Add flour mixture and zucchini into the egg mixture. Stir in the raisins, walnuts and vanilla.
4. Pour batter into pans and bake for 55 minutes.

Source: USDA Food and Nutrition Service: www.fns.usda.gov/fdd/recipes/hhp/HHP-CreativeRecipes-rev2.pdf



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This newsletter is created by faculty and Cooperative Extension Service staff in the Department of Foods and Nutrition at Purdue University, with funding provided in support of the USDA TEFAP (The Emergency Food Assistance Program). This institution is an equal opportunity provider.

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IN THE NEWS

FDA and USDA Launch Joint Food Safety Website

The Food and Drug Administration (FDA) and the US Department of Agriculture (USDA) have launched a joint website in order to highlight the latest food safety and recall information to consumers.

The website can be found at: <http://www.foodsafety.gov/>

The site contains current food recalls and alerts as well as consumer advisories and foodborne illness outbreak updates.

