



# Safe Food for the Hungry

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

Fall 2003

## Helping One Another



As the reports come in about the worst economic situation since the Great Depression, more people seek emergency food provisions. How can you best help the clients you serve? Do you run a soup kitchen or a food pantry that includes referral services?

Are you aware that even families with two working parents find themselves with insufficient food supplies all too often? We all need to help one another through these times, and knowing the challenges your clients face can help you better address their needs.

According to the U.S. Bureau of Labor Statistics, nearly 2.2 million U.S. workers earned hourly wages at or below the federal minimum wage last year. A little over half a million earned the meager minimum wage of \$5.15, while the rest earned even less! That's not all, most of these poorly paid workers are women, with 1.4 million women earning at or below the minimum wage, compared to 800,000 men. These figures sting even more when you stop to realize that nearly half of these workers are age 25 or older.

The census data released just this month in the American Community Survey, shows that the number of poverty-stricken Americans increased by nearly 1.4 million last year. The percentage of people in poverty climbed to 12.4% in 2002, up from 12.1% in 2001. A total of 34.8 million Americans now live below the official federal poverty line.

Unfortunately, children are bearing the brunt of these poor times. The number of children in poverty swelled to 12.2 million, representing an increase of over 600,000 children. Sixteen percent of U.S. households with children are food insecure at some point during the year, according to the results of a 2001 national survey reported by the Economic Research Service (ERS) of the U.S. Department of

Agriculture. This is an increase from 1999, when 14.8 percent of households with children were food insecure.

Food insecure means the household did not always have access to an adequate amount of food for active, healthy living for all household members because they lacked money for food. Most households that are food insecure do have adequate food to avoid hunger, especially in feeding their children. However, coping behaviors may have to include depending on only a few basic foods, reducing variety in the diet, enrolling in a federal nutrition assistance program, or resorting to an emergency food source.

These food security concerns facing our nation can be addressed partially by you, as you work directly with those in need. Referring clients to additional sources for food becomes increasingly important, as the average food pantry offers a three-day supply of food. Be sure your organization has up-to-date information about Food Stamps, WIC, EFNEP, the Commodity Supplemental Food Program, or any additional resources for the hungry, as well as inexpensive, simple and nutritious recipes. For more information, the following website may prove helpful: [www.nutrition.gov](http://www.nutrition.gov)

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## Get your recipes ready! Mountains of Non-fat Dry Milk May Soon be Headed Your Way!

*VENEMAN ANNOUNCES INITIATIVE TO  
DONATE NON-FAT DRY MILK TO FAITH-  
BASED & COMMUNITY ORGANIZATIONS*

*WASHINGTON, Sept. 17, 2003 - Agriculture Secretary Ann M. Veneman today announced that the U. S. Department of Agriculture will donate non-fat dry milk to nonprofit, faith-based and community organizations for use in meal services or for distribution to needy recipients.*

Thousands of pounds of nonfat dry milk are ready to be shipped to food banks! Dry (non-instant) pasteurized skim milk is made simply by removing water from pasteurized skim milk. Although it does not contain the added vitamins A and D that fresh milk contains, it is highly nutritious and can easily be substituted in recipes requiring milk. It is non-instant and does not mix readily for drinking purposes, but there are hundreds of uses for it once you know how to use it.

As you help clients, encourage them to try a variety of uses for this nutritious product. Whether it is used in pancakes or for thickening soups and sauces, it adds calcium and protein to any meal. It can be used in bread, biscuits, muffins and cakes, mixing it in with the dry ingredients and then adding the water for reconstitution with the recipe's other liquid ingredients. It should be stored in a cool dry place in a tightly covered container, and is best used within 18 - 24 months.

Recipes for non-fat dry milk can be found at:

[www.fns.usda.gov/fdd/facts/hhpfacts/hp-tefap.htm](http://www.fns.usda.gov/fdd/facts/hhpfacts/hp-tefap.htm)

## Lots of people are asking: What is Client Choice?

The term "client choice" refers to the practice of allowing food pantry clients to choose some or all of the food they will bring home from the food pantry. Whether the clients have their own shopping carts and walk the aisles choosing items, or stand by a counter and pick foods from a list of what's available, the practice is called "client choice". Besides honoring each client's dignity, offering choice allows for clients to take responsibility to plan meals and select appropriate resources for their families.

Client choice comes in many different sizes and shapes. Organizations don't have to change their food pantries completely overnight. Changes can occur as they can be accommodated.

Marsha McGraw, TEFAP<sup>1</sup> Specialist for Indiana, has promoted this approach to distributing food to the needy. Any food pantry in the state receiving USDA commodities must allow clients to choose which of the commodity foods they prefer to take home. "Client Choice" is highlighted in this year's TEFAP manual, section 10. Check it out – suggestions for ways to incorporate client choice vary, it's up to each organization to work out details. However, section 10 is a useful guide to help point the way and is available to you as a link on our website: [www.cfs.purdue.edu/safefood/sfhungry.html](http://www.cfs.purdue.edu/safefood/sfhungry.html)

<sup>1</sup>TEFAP: *The Emergency Food Assistance Program is responsible for the distribution of USDA commodity foods.*

## Changes in Pantry set up Allow for Client Choice

Elaine McClamroch manages the Church Women United Food Pantry at Community and Family Resource Center (CFRC). A retired schoolteacher and the recipient of many volunteer awards, Elaine's passion is to serve – particularly when it comes to helping hungry people receive safe food.

When Elaine started working at the food pantry at CFRC, the doorway had been partially closed to clients. Elaine changed that right away.

"There used to be a Dutch door here, with the lower half closed. The clients had to stand behind it. I want the people to be able to come into the pantry and be able to see and touch the food, check the nutrition labels, and talk with me!"

Rather than giving every client the same bunch of groceries, Elaine offers choice. As has been noted in our previous newsletters, and in the 2003 TEFAP manual, section 10, there is more than one way to organize a "client choice" food pantry. Each organization must assess the best way to incorporate this practice.

The amount of space in the pantry at CFRC is quite limited. However, Elaine invites the clients in and gives them the chance to see the lists of foods and the shelves of foods from which to choose. Once the client indicates a choice of items, Elaine brings the food over to the client. If, upon consulting the labels, the client discovers that the food is not appropriate, Elaine will gladly replace it with an alternative the client chooses.

Another way that Elaine made improvements at the pantry was through the food drives. Previously, for this pantry, school food drives had not been successful, so Elaine went to talk with one of the local principals. After that, thousands of tons of food have come in every year from Harrison, McCutcheon and Jefferson High Schools, and Tecumseh Middle School. With the help of food drives, a lot more variety of foods is donated to the pantry, offering some unusual products for clients. Elaine has a "special" shelf from which clients can choose one item each visit. Cake mixes, easy stovetop meals and condiments include some of the items likely to be found on this shelf.



*Elaine McClamroch manages a client choice pantry for Church Women United at Community and Family Resource Center, Lafayette, Indiana*

On average, 250 - 340 families visit the pantry each month. The amount of food permitted each client is a three day supply and depends upon the size of the family. Over the course of one month, the pantry at CFRC helps provide ten thousand meals!

It's a rare day when Elaine doesn't meet a new client. Many Americans are facing job losses, lay-offs and unemployment. Elaine always tries to be upbeat and jovial with the folks who walk through her door. She understands they might need a smile and she cracks corny jokes for them. As well, Elaine helps clients receive foods of their choice by showing them the shelves and the lists of foods available. Having a choice about what food to take home can make all the difference in a trip to the food pantry.

# Apples: nutritious, delicious, affordable, easy to store, and more...

by Nicole Gaviola Harmeson, Dietics Student, Purdue University

*Autumn is a perfect time to enjoy fresh apples. Raw apples are an excellent source of fiber and a good source of vitamin C. Apple spreads add precious nutrients to your diet. Apples are fat, sodium and cholesterol free, with a medium apple providing about 80 calories. There are several varieties of apples that are good when eaten raw or used for baking; they include Golden Delicious, Jonathan, and Gala. So pick up an apple, and enjoy!*

## Easy Apple Cake

Yield: 5 servings

### Ingredients:

- ¼ c sugar
- ½ tsp cinnamon
- 4 apples, peeled and sliced
- ½ c sugar
- 2 Tbsp soft butter or margarine
- 1 egg
- ¼ tsp vanilla
- 1 c flour
- 1 tsp baking powder

### Directions:

1. Preheat oven to 350° F.
2. Mix together ¼ c sugar and ½ tsp cinnamon. Place a layer of apples in greased 8 inch square baking dish, sprinkle with half the sugar-cinnamon mixture, cover with remaining apples and cover with remaining sugar.
3. Cream ½ c sugar and butter. Add egg and vanilla and mix well. Stir in flour and baking powder. Spoon over apples, spreading it as best as you can.
4. Bake 30 minutes. Yummy served with vanilla ice cream.

Source: <http://www.recipe-source.com>

## Apple Goodie

Yield: 6 servings

### Ingredients:

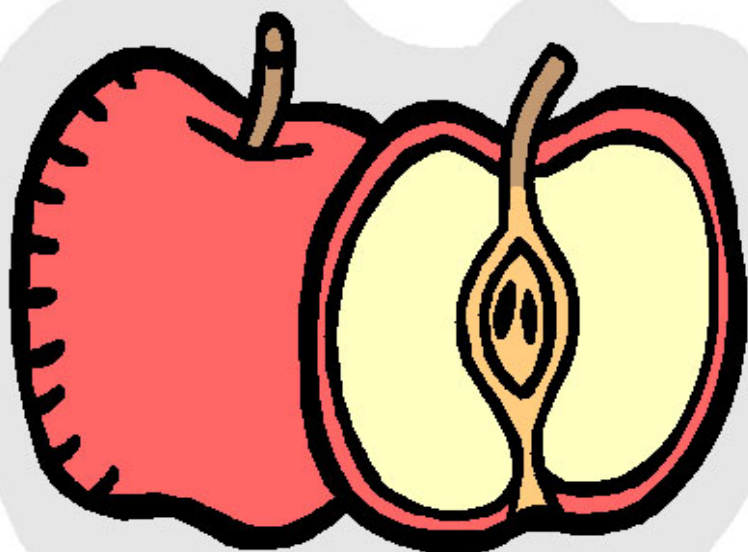
- 1 c sugar
- 2 Tbsp flour
- 1 pinch salt
- 1 tsp cinnamon
- 1 ½ quart apples, sliced
- 1 c Oatmeal
- 1 c brown sugar
- 1 c flour
- ¼ tsp baking soda
- 1/3 tsp baking powder
- 2/3 c margarine



### Directions:

1. Mix together sugar, flour, salt and cinnamon with apples and put in 9 x 13 inch greased pan.
2. Mix together oatmeal, brown sugar, flour, baking soda, baking powder and margarine. Put on apples, patting firmly.
3. Bake 35-45 minutes at 350° F.

Source: <http://www.recipe-source.com>



## Apple Spreads

Each of these peanut-based spreads pairs well with a variety of apples. To serve, spread onto apple slices or use as a dip for the fruit.

- Oriental Spread: Combine  $\frac{1}{4}$  cup peanut butter, 1 teaspoon minced green onion,  $\frac{1}{2}$  teaspoon soy sauce,  $\frac{1}{4}$  teaspoon sesame oil, and dash hot red pepper sauce.
- Gorp spread: Combine  $\frac{1}{4}$  cup peanut butter, 2 teaspoons honey, and 1 tablespoon raisins.
- Mexican Peanut Spread: Combine  $\frac{1}{4}$  cup peanut butter, 2 teaspoons chopped green chilies, and 2 teaspoons chopped fresh cilantro (optional).
- Sweet Pickle Spread: Combine  $\frac{1}{4}$  cup peanut butter, 2 teaspoons minced sweet pickles or sweet pickle relish.

Source: <http://thefruitcompany.com>

## Afternoon Apple Snacks

Yield: Serves 6

### Ingredients:

- 2 red delicious apples
- Lemon juice
- $\frac{1}{2}$  cup chunky peanut butter
- 2 tablespoons honey
- $\frac{1}{2}$  teaspoon cinnamon
- 6 whole graham crackers

### Directions:

1. Core apples and cut each in half. Cut each half into three wedges to make a total of 12 wedges. Dip wedges in lemon juice to prevent browning and place in a single layer on microwave safe plate or baking dish.
2. Cover loosely with waxed paper and microwave on high for  $3\frac{1}{2}$  to 4 minutes or until apples are tender and hold their shape. (If microwave doesn't have carousel, rotate dish halfway through cooking).
3. Drain apples on paper towels.
4. In small bowl, combine peanut butter, honey and cinnamon. Snap graham crackers in half to make 12 square crackers.
5. Spread a layer of peanut butter mixture on each of six squares; top each cracker with two apple wedges. Top with remaining graham crackers squares to sandwich snacks.

Source: <http://thefruitcompany.com>



## Are You Web Savvy Yet?

Many nutrition and food safety resources are available through the internet

This section of our newsletter is devoted to helping you be aware of internet resources and helpful places on the World Wide Web.



For a variety of free recipes that are easy to prepare, visit <http://www.angiesrealm.com> Some of the recipes even include nutrition analysis information!



[www.5aday.com](http://www.5aday.com) is a great nutrition reference, sponsored by the National Cancer Institute and the Produce for Better Health Foundation. The national 5-A-Day for Better Health Program gives Americans a simple, positive message—eat 5 or more servings of fruits and vegetables every day for better health.

<http://www.cookrecipes.com> offers many recipes, including international cuisine in addition to food safety information.

### Safe Food for the Hungry website

<http://www.cfs.purdue.edu/safefood/sfhungry.html> has resources on food safety and nutrition for

emergency food organizations. The content on child/baby nutrition was recently updated. **ALSO PLEASE NOTE:** Indiana's Directory of Food Assistance Organizations online is updated weekly; making it more accurate than the paper copy we published in March 2002.

Community Nutrition Institute web site <http://www.communitynutrition.org> offers information on new funding and resources, as well as a new events calendar!

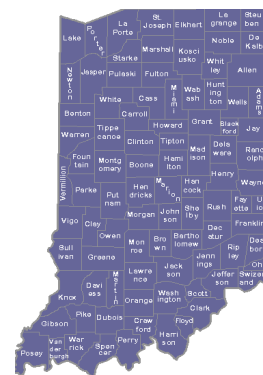
## Editor's Note

### Correction to our summer issue!

Changes in TANF program policy regarding compliance with employment regulations took effect July 1, 2003. Our newsletter's summer issue stated that the Food Stamp program had made these changes. We were in error and hope this did not cause any confusion or inconvenience.

Thank you, Martha Jane Gipson, Editor

# Request to Update Information for statewide Directory of Food Assistance Organizations



**Please be sure to respond!**

Thank you to those agencies that have already responded to our requests! The Safe Food for the Hungry team is updating our database of Indiana's Food Assistance Organizations.

Our directory provides locations and contact information for emergency feeding programs throughout the state. It can help you refer your clients to other food pantries, soup kitchens, congregate meal sites, and more.

Please carefully check over the form you received and return it to us in the postage paid envelope provided. If you did not receive a notice recently, please contact us and request one! Indiana's Directory of Food Assistance Organizations is still available, free of charge, both online and on paper. While the paper directory is now 18 months old, it is still helpful when you are not able to access the internet.

To make requests for additional update information, or for a paper copy, send requests to:

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## Safe Food For the Hungry

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*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**



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