# INDIANA'S FOOD FOR THE HUNGRY

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

## Ask the Expert:

### "What is *Client Choice* and how can we use it in our pantry?"

**Expert Answer:**

"Client Choice" is the process of allowing people to select their own foods at a food pantry to have control over what they eat. Allowing clients to select their own food decreases food waste, empowers them to choose a wide variety of food for their family, and provides them with a feeling of control and dignity.

In Indiana, all pantries that participate in TEFAP are required to offer "Client Choice." As a pantry considers changing to Client Choice, the following ideas and examples will help make it a success.

Volunteers
• Build a varied volunteer base. Volunteers can take on a more personal role toward clients by assisting them with food selections.

Examples of Client Choice:
*Point system*
• Food items are assigned points based on their cost and clients are permitted to select a total number of predetermined points.
*Pound system*
• Similar to the point system but a total number of pounds of food are permitted per client/family.
*Item system*
• Clients are given a total number of items to choose without many constraints.
*List system*
• Prepare a list of items available. Allow clients to "shop" /circle items from the list based on the criteria you set.

For more information about "Client Choice" or to purchase a video, visit: **www.cfs.purdue.edu/ safefood/resources.asp**

**Ask the expert:**

Future questions for the newsletter related to nutrition and food safety can be mailed or e-mailed to:

Indiana's Food for the Hungry
700 W. State Street
West Lafayette, IN 47907
E-mail: safefood@purdue.edu

# Gone Fishing?

## Food Safety Information for Catching Local Fish

Fish are an important part of a healthy diet, however fish caught in some lakes, rivers and streams may contain chemicals or contaminants that can cause health problems if eaten in large amounts.

Contact your local or state health environmental health department before you fish to check for advisories. The Environmental Protection Agency (EPA) has a National Listing of Fish Advisories available to inform people about local fish advisories and safe eating guidelines.

Chemical pollutants, such as mercury can pose greater risks to certain populations, such as pregnant women, nursing women and young children. These individuals should be careful to reduce or avoid fish caught from polluted waters. Visit to learn about fish consumption guidelines for higher risk individuals.

### Tips for choosing fish:

It is difficult to tell if a fish contains chemical pollutants by just looking at it. Follow these guidelines:

- Eat smaller, younger varieties of lake trout, salmon, walleye and bass.
     -They are less likely to contain harmful levels of pollutants than larger fish.
- Eat smaller, less fatty fish such as panfish (bluegill, perch and crappie) instead of fatty fish like carp and catfish.

### Tips for preparing and cooking fish:

The way you prepare and cook fish can make a difference in the kinds and amounts of chemical pollutants remaining in the fish.

- Remove fat near the skin of the fish before cooking.
- It is best to grill, bake or broil fish so that fat drips away from it. Avoid fried or deep fat-fried fish because frying traps chemical pollutants.
- Avoid or reduce the amount of fish drippings that you use to flavor the meal.

### Resources:

- National Listing of Fish Advisories: www.epa.gov/waterscience/fish/advisories

- Indiana Fish Advisories: www.in.gov/isdh/23650.htm

- Advisories for High-Risk Individuals: www.epa.gov/waterscience/fish/advice/index.html

- Purdue University, Fish for Your Health: http://fn.cfs.purdue.edu/fish4health/FishAdvisory%2006.PDF

# Omega 3's and Tuna

Omega-3 fatty acids are a type of fat found in various foods such as tuna.   Omega-3s are considered essential because they cannot be made by the body.  For this reason, omega-3 fatty acids must be obtained from the diet.
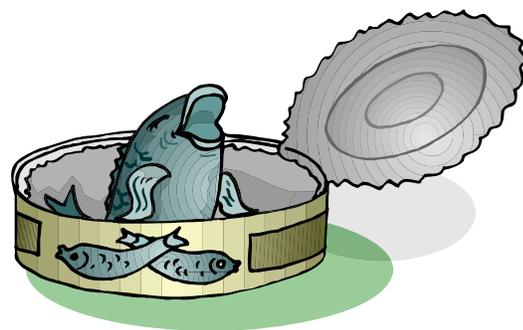
The American Heart Association recommends that healthy adults eat at least two servings of fish per week to boost their omega-3 fatty acid intake. Eating 2 to 4 ounces of certain fish will provide about 1 gram of omega-3 fatty acids.

Omega-3 fatty acids can be found in fatty fish, such as:

- Salmon
- Albacore tuna
- Herring
- Sardines
- Rainbow trout
- Mackerel

Research suggests that including omega-3 fatty acids in the diet may:

- Lower blood pressure
- Help prevent blood from clotting and sticking to artery walls
- Prevent hardening of the arteries
- Improve overall heart health
- Reduce inflammation

Source: Nebraska Extension: www.ianrpubs.unl.edu/epublic/pages/

## Tuna Pasta Bake    Serves: 12

5 cups water
1/3 cup chopped onion
1 1/2 tsp Italian seasoning
15 oz can mixed vegetables
1/2 cup shredded cheese
10 oz can condensed cream of mushroom  soup
12 oz uncooked pasta (rotini or elbow macaroni)

1 tsp. salt
1 tbsp. cooking oil
1/3 tsp. pepper
15.5 oz can tuna

Directions:
1. Preheat oven to 350°F and lightly grease a 3 quart casserole dish.
2. Boil water and add salt and pasta and cook for 5-10 min. Add onion during last 3 min of cooking.
3. Drain pasta and toss with oil.
4. Cook soup, Italian seasoning, and pepper over medium heat in a large saucepan.
5. Stir drained vegetables into soup and cook.
6. Gently stir pasta and tuna into warm soup.
7. Spoon into pan and sprinkle with cheese. Bake at 350°F for 30-35 minutes.

Source:  Purdue University: Fast and Flexible: Low Cost Recipes

## Tuna Quesadillas    Serves: 4

1 can drained tuna, packed in water
1 Tbsp light mayonnaise
4 flour tortillas
1/2 cup low-fat, grated cheddar cheese

Directions:
1. Mix tuna with mayonnaise.
2. Divide mixture onto two tortillas. Top with cheese and the remaining two tortillas.
3. Spray a skillet with non-stick cooking spray.
4. Cook quesadillas on both sides until brown.
5. Cut in half before serving.

Source: USDA; Snap-Ed Connection, http://recipefinder.nal.usda.gov/

# What is WIC?

Every month the Indiana Women, Infants, and Children (WIC) Program serves over 155,000 Hoosier families throughout the State of Indiana at 150 clinics. The WIC program provides supplemental foods, health care referrals, breastfeeding support, and nutrition education to income eligible and nutritionally at risk pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five.

INDIANA WIC

The Indiana WIC Program offers a range of health and nutrition education services for families. Nutrition education is customized to family needs and interests and includes, ways to grow healthy kids, physical activity, selecting nutritious foods, prenatal weight gain, postpartum weight loss, and infant feeding. Promoting breastfeeding as the norm for infant feeding continues to be a priority in the WIC program.

### WIC Helps Put Healthy Behaviors into Action!

For more information on WIC call 800-522-0874 or visit www.wic.in.gov

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