



INDIANA'S FOOD FOR THE HUNGRY

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

FEBRUARY 2009

Ask the Expert: What is the Summer Food Service Program? How Can I Be Involved?



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

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Expert Answer:

In the current challenging economic times more Indiana low income children have to depend on free or reduced-price school lunches and breakfasts for their daily nutrition. Unfortunately, when school lets out during the summer months, many of these children lose access to nutritious meals.

The Summer Food Service Program for Children (SFSP) helps fill this gap by providing free meals and snacks to children who might otherwise go hungry during the summer.

The SFSP is a USDA federal reimbursement program administered by the Indiana Department of Education. Through the SFSP, local sponsors receive reimbursement payments for serving healthy meals and snacks to children 18 years old and younger in low-income areas.

Guest Expert:
Tina Skinner
SFSP Specialist
Indiana Department of Education

Sponsorship with the SFSP is available to both public and private non-profit groups, including schools, units of local government, religious organizations, summer camps, recreation centers, and others. The program can make a difference in a local community by bringing together organizations, members of community and volunteers who want to make a difference in the lives of the children around them. It is a great opportunity for cooperation and service to the community for the purpose of reducing childhood hunger.

If you are interested in learning more about the SFSP and becoming a sponsor or a program site, please contact Tina Skinner, SFSP Specialist, by phone at (800) 537-1142 or (317) 232-0850 or via e-mail at: tskinner@doe.in.gov.

For additional information about the SFSP, visit the Indiana Department of Education web site at <http://www.doe.in.gov/food/summer/welcome.html>.

It's Easy Being Green

“Going green” is a popular term used today. What does “going green” mean? “Going green” means using natural and alternative resources instead of those that are environmentally harmful, destructive and wasteful. There are certain things we may not be able to change when dealing with food like cleaning with the correct sanitizers. However, there are other ways we can make environmentally friendly choices.



Simple Ways to Go Green...

Reduce

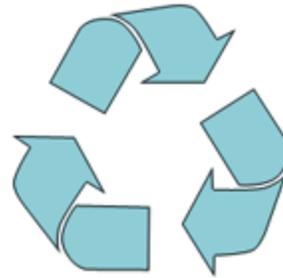
- Sanitizer use and only use as much as needed as directed by the manufacturer
- Use of paper or Styrofoam cups for drinks and use mugs instead
- Paper use by printing (including e-mail) or copying only what you need
- Electricity use by:
 - Turning off lights when you leave a room
 - Turning off computer monitors, coffee makers, and other electronics when done for the day
 - Purchasing energy efficient light bulbs.

Reuse

- Paper by putting used paper next to printers or copiers so everyone can use it
- Batteries by investing in rechargeable batteries
- Packing materials when possible

Did you know?

- Making new aluminum cans from used cans requires 95% less energy than making a new can from raw material.
- In 2003, 54 billion cans were recycled. That equals 15 million barrels of crude oil which is about the total consumption of gas in America for one day.



Recycle

- Paper, newspaper, cardboard, magazines
- Aluminum, tin, steel
- Glass
- Plastics

Buy recycled

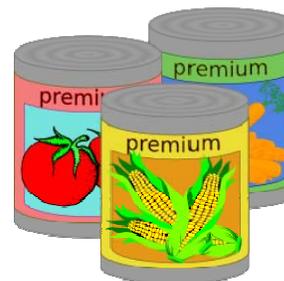
- Choose products labeled “post-consumer” whenever possible.

This logo means that the product contains recycled material.



For more information go to: Indiana Department of Environmental Management, IDEM.
<http://www.in.gov/idem/>

Canned, Frozen or Fresh?



Vegetables are a great source of many nutrients. However, many people think that only fresh vegetables are healthy. Many studies have shown that canned and frozen vegetables have the same nutrients as fresh. Eating fresh vegetables does provide many nutrients, especially when grown locally and eaten soon after they are ripe. However, most canned vegetables are picked when they are ripe and then are packaged to lock in nutrients. The most important thing is that we get enough vegetables whether they are fresh, frozen or canned.



Tip:

To reduce the sodium in canned vegetables, drain the liquid out of the can, and rinse with cold water before heating.

In the Garden Chili recipe below: To make 1 cup of cooked kidney beans, start with 1/3 cup of dried beans. For more about how to prepare dried kidney beans, see the Fall 2007 newsletter. <http://www.cfs.purdue.edu/safefood/newsletter/fall2007issue.pdf>

Garden Chili

Yield: 4 servings

Ingredients:

- 3/4 pound ground beef
- 1/2 cup chopped green pepper
- 1/2 large chopped onion
- 1/2 cup chopped celery
- 1 cup **kidney beans**
- 1/2 cup **corn**
- 8 ounces tomato sauce
- 1 cup chopped **tomatoes**
- Dash black pepper
- 1/2 teaspoon garlic powder
- 2 tsp chili powder

Preparation:

1. Brown ground beef until it is no longer pink, stirring to break it into pieces. Drain fat and blot meat with paper towels. Transfer into colander and rinse with very hot water to remove fat.
2. Add green pepper, onion and celery. Cook until softened.
3. Add beans, corn, tomato sauce, chopped tomatoes, pepper, garlic and chili powder.
4. Cook over low heat for 20 minutes.
5. Serve hot in bowls.

Source: Adapted from Kansas State University Research and Extension



Louisiana Green Beans

Yield: 4 servings

Ingredients:

- 1/4 cup chopped onion
- 1/4 cup chopped green pepper
- 1/2 cup chopped celery
- 2 cans (16 ounces each) drained **green beans**
- 1 can (15 ounces) **tomatoes**

Preparation:

1. Peel and chop the onion.
2. Chop the green pepper and celery.
3. Drain the liquid from the green beans. Rinse with water.
4. Put the green beans in a saucepan. Add enough water to cover them.
5. Cook the green beans on low heat until tender. Then drain off the water.
6. Combine all the ingredients in a skillet.
7. Cook over medium heat for 15 minutes, until the celery is tender and the food is hot.

Source: Pennsylvania Nutrition Education Program

New Faces and New Home for Indiana TEFAP

Effective October 1, 2008 The Indiana TEFAP (The Emergency Food Assistance Program) re-located to the Indiana State Department of Health. Patrice Wolfla has been named Director for the TEFAP and CSFP programs. She is responsible for directing multiple programs at ISDH, including the Indiana Women, Infants and Children (WIC) Program and welcomes this new opportunity.

Most of you know Phyllis Lloyd. She has been working as the Program Director since October of 2007 for CSFP and TEFAP. Phyllis works proactively to ensure that hungry Hoosiers are fed by ordering food, tracking inventory and coordinating distribution for both CSFP and TEFAP. Previously, Phyllis was at the Lt. Governor's Office after working for seven years in the Child Support Division of the Marion County Prosecutor's Office. A lifelong resident of Indiana, Phyllis currently lives in Indianapolis. In her free time, she enjoys scrapbooking, spending time with her son Jason and playing with her Boston terrier named Tobe.

Denise Giddens joined CSFP and TEFAP as Program Director in January. Denise started at ISDH under the WIC program and continues to manage the WIC and Senior Farmers' Market Nutrition Programs. She and Phyllis will develop training programs, monitor program partners and work cooperatively to improve CSFP and TEFAP. Denise has vast experience in program development and grassroots advocacy. She resides in Indianapolis.

TEFAP/CSFP Program representatives:

Patrice Wolfla, RD, Director (317)234-3513, pwolfla@isdh.in.gov

Phyllis Lloyd (317) 232-8835, plloyd@isdh.in.gov

Denise Giddens (317) 233-7871, dgiddens@isdh.in.gov



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Send comments and/or change of address to:

Indiana's Food for the Hungry
Department of Foods and Nutrition
Purdue University
700 West State Street
West Lafayette, IN 47907-2059
Phone: (765) 494-8791
Fax: (765) 494-0906
E-mail: safefood@purdue.edu

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