



INDIANA'S FOOD FOR THE HUNGRY

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

AUGUST 2008

Ask the Expert: Many of our clients ask: What foods are best for a healthy diet?



Expert Answer: A healthy diet can improve overall health and well-being. A diet rich in fruits, vegetables, whole grains, lean meats and low-fat dairy can provide the nutrients needed to stay healthy.

A healthy diet should include meals that are balanced from a variety of foods. This means including foods from all food groups from MyPyramid: www.mypyramid.gov.

Emergency food programs often provide foods from all of the food groups. It may take some creativity and planning when relying solely on emergency food program foods to plan a healthy diet.

See this month's insert for information on how to build a healthy diet and improve overall health using foods from an emergency food program.

Specific dietary advice should be provided by a licensed health professional, such as a registered dietitian.

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

One question will be featured in each future newsletter.



* **CORRECTION to June's newsletter:** The appropriate "And Justice for All" poster that TEFAP agencies should display is AD-475C.

FNS civil rights compliance information is contained in FNS Instruction 113-1 issued November 5, 2005. It is available for download on the FNS web site:

www.fns.usda.gov/cr/Documents/113-1.pdf

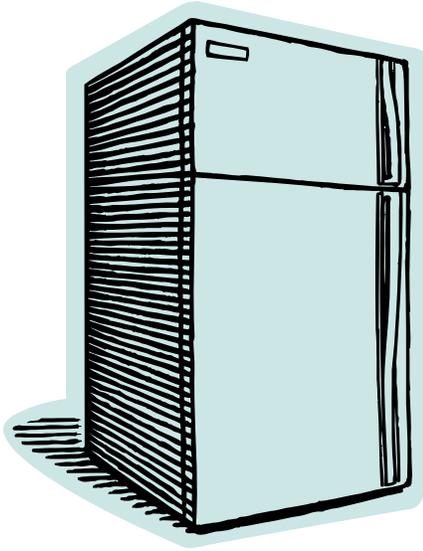
Don't forget to visit the **NEW and IMPROVED** "Indiana's Food for the Hungry" website:

www.cfs.purdue.edu/safefood/sfhungry.html

IN THIS ISSUE...

Ask the Expert: What foods are best for a healthy diet?	1
Food Safety: Food Thawing: Safe Defrosting Methods	2
Eating Right: Apricots: A Fruit with Fighting Power	3
In the News: Hunger Action Month	4

Food Thawing: Safe Defrosting Methods



Food must be kept at a safe temperature during a thaw. Knowing how to properly defrost foods can help avoid food borne illness.

Foods are safe while frozen, but once food begins to defrost and reaches a temperature of 40°F or higher, bacteria that were present before freezing could begin to multiply. When defrosting frozen foods it is best to plan ahead and thaw food in places where the temperature can remain below and above the “Danger Zone”, between 40°-140°F.

**There are three safe ways to defrost food:
refrigerator, microwave and cold water.**

Refrigerator Thawing

Plan ahead—refrigerator thawing takes time. A large, frozen item takes 24 hours for every 5 lbs of weight. A small, frozen item requires a full day to thaw.

- After thawing in the refrigerator, ground meat and poultry will remain useable for 1-2 days before cooking, red meat 3-5 days.
- Foods defrosted in the refrigerator can be refrozen without cooking.

Microwave Thawing

When defrosting food in the microwave, plan to consume the food immediately after thawing. Food may become warm and start to cook during microwave defrosting.

- Foods that are thawed using the microwave should be cooked before refreezing.

Cold Water Thawing

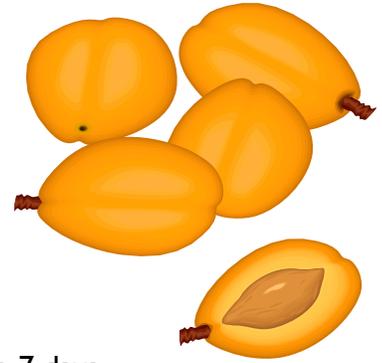
This method is the quickest way to defrost food, but requires more attention.

- Place food in leak-proof package so air cannot be introduced into the food.
- Submerge package into cold water, changing the water every 30 minutes so it continues to thaw.
- Once thawed completely, the food must be cooked completely.
- Food may take 1-3 hours to defrost. For whole turkeys, estimate 30 minutes per pound.
- Foods that are thawed using the cold water thawing method should be cooked before refreezing.

Source: United States Department of Agriculture, www.fsis.usda.gov/FactSheets/Big_Thaw/index.asp

Apricots: A Fruit with Fighting Power

Apricots are a great source of many nutrients such as vitamin A, vitamin C, iron, potassium and fiber. They are available year-round, store easily and add great flavor and color.



Storage:

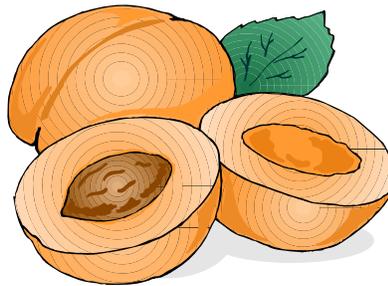
- Store unopened cans in a cool, dry place.
- Store opened apricots in a covered container and refrigerate. Use within 5 to 7 days.

Uses and Tips:

- Canned apricots can be served directly from the can with juice, either at room temperature or chilled.
- Canned apricots can be used in baking cobblers and crisps.
- Dried apricots make a tasty, portable snack.

Nutrition:

- Excellent source of vitamin A
- Provides vitamin C, iron, potassium and fiber
- 1/2 cup of apricots counts toward the daily recommended amount from the MyPyramid fruit group.



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USDA, CFDP: www.fns.usda.gov
Apricot Producers of California:
www.apricotproducers.com

Refreshing Apricot Smoothie

Servings: 2

Ingredients:

- 1 (15.5oz) can apricot halves, chilled
- 1 cup (8oz) low fat plain or vanilla yogurt
- 2-3 drops vanilla extract, to taste
- 6-8 ice cubes

Directions:

1. Combine ingredients in blender.
2. Cover and blend until smooth on high.
3. Add more cubes for a thicker consistency.

Source: United States Department of Agriculture

Apricot Cobbler

Servings: 5

Ingredients:

- 1/4 cup butter, melted
- 1 1/2 tsp baking powder
- 1/2 cup flour
- 1/4 tsp salt
- 1/2 cup sugar
- 1/2 cup milk
- 2 cans (15 1/4oz each) apricot halves, undrained

Directions:

1. Preheat oven to 375°F.
2. Pour melted butter into an 8x8 baking dish.
3. In a bowl, combine flour, sugar, baking powder salt and mix well. Stir in milk until combined.
4. Pour undrained apricots over the batter but do not stir them together.
5. Bake in oven for 40 min. Serve warm.

Reprinted with permission from Apricot Producers of California



HUNGER ACTION MONTH

The first “Hunger Action Month” will take place in September 2008. This campaign replaces Hunger Awareness Day, which previously occurred during the month of June. The theme of this year’s campaign is “Raise Our Voices Against Hunger.” During September, raise awareness about hunger and the work you do within the communities that you serve.

Ways to observe Hunger Action Month:

- Organize a group of volunteers
- Host a tailgate
- Arrange a canned food drive
- Hold a celebration at your facility
- Engage local media

**For more information, visit
America’s Second Harvest:**

www.secondharvest.org/how_to_help/hungeractionmonth/



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