



INDIANA'S FOOD FOR THE HUNGRY

Formally known as "Safe Food for the Hungry"

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

APRIL 2008

Ask the Expert:

Many of our clients won't drink grapefruit juice because they are concerned about medication interactions. What should we tell them?

Expert Answer: Grapefruit juice offers many nutritional benefits, however interactions between grapefruit juice and several prescription medications can occur.

Grapefruit juice may increase the amount of certain medications in the blood. If more medication is absorbed than expected, the drug can have an increased effect.

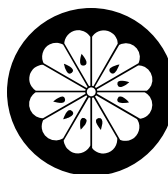
Interactions have been found between grapefruit juice and some of the drugs in the following categories:

- Drugs used to treat high blood pressure
- Drugs used to reduce blood cholesterol
- Drugs used after transplant operations
- Some anti-anxiety and antihistamine medications
- Some medications used to treat HIV/AIDS

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Tangelos (cross between a tangerine or mandarin orange and grapefruit) and Seville oranges (used in marmalades) and their juices should also be avoided because of similar effects.

You should always advise clients to talk with their physician or pharmacist first to see if any of their medications are affected by grapefruit juice.



Ask the expert:

Future questions for the newsletter related to nutrition and food safety can be mailed or e-mailed to:
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One question will be featured in each future newsletter.

Look for the free reproducible insert inside!

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Responding to a Food Recall



Emergency food assistance programs play an essential role in assuring that standard procedures are followed for tracking a USDA commodity food when a recall notice is issued.

USDA Recall Classifications

Class I Involves a health hazard situation where there is a reasonable probability that consuming the product will cause serious adverse health problems or death.

Class II Involves a health hazard situation where there is a remote probability of adverse health problems from consuming the product.

Class III Involves a situation where consuming the product will not cause adverse health problems.

Food Recall for a Commodity Food

The State Distributing Agency will:

- be notified by USDA regarding a recall for a USDA commodity food.
- notify food banks within 24 hours of receiving notice of the recall.
- provide all the information needed to track the food product and document reimbursable costs to the agencies affected by the recall.
- contact the distributor with instructions to place the commodity food on hold.

When there is a recall of USDA commodity foods, the food bank must immediately notify sites about the recall, identify the location of the affected products, verify that the food items bear the product identification codes, isolate the commodities to avoid accidental use, and take an accurate inventory by location.

Training is Important!

- All foodservice personnel need to be aware of how to handle food recalls.
- Communicate information about the food recall immediately.
- There should be a designated person responsible for coordinating food safety at each organization.
- All staff members must follow the standard operating procedures for the recall to be handled correctly.



Source: Responding to a Food Recall. Produced by National Food Service Management Institute through a cooperative agreement with the USDA, Food and Nutrition Service.

The Fruit Group

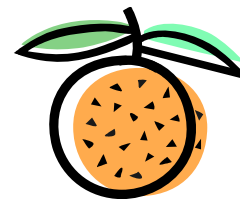
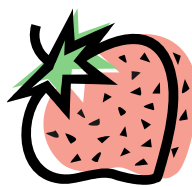
Eating fruit provides many health benefits. Fruits provide nutrients vital for health and maintenance of your body.



Health Benefits:

Eating plenty of fruits and vegetables may:

- Reduce the risk of heart disease.
- Protect against certain cancers.
- Reduce the risk for type 2 diabetes.
- Help to lower calorie intake.



Nutrients:

- Most fruits are naturally low in fat, sodium, and calories.
- Fruits are important sources of many nutrients, such as potassium, vitamin C, and dietary fiber.
 - Vitamin C is important for growth and repair of body tissues and helps to heal cuts and wounds.
 - Folate helps the body form red blood cells. Folate also helps reduce the risk of neural tube defects during the first trimester of pregnancy.
- Dietary fiber from fruit helps reduce blood cholesterol levels and may lower the risk of heart disease. It is also important for proper bowel function.
- Fruits that are high in potassium help to maintain healthy blood pressure.

Source: United States Department of Agriculture: www.MyPyramid.gov

Fruit Pudding Refresher

Yield: 6 servings

Ingredients:

- 1 can (20oz) pineapple chunks in juice (chill can in fridge)
- 1 can (11oz) mandarin oranges, drained
- 1 can (16oz) fruit cocktail, drained
- 1-3 3/4 oz. package instant lemon pudding

Directions:

1. In medium bowl, combine pineapple chunks and juice with oranges, and fruit cocktail.
2. Stirring slowly, sprinkle pudding mix into fruit mixture.
3. Let stand 5 minutes. Pudding will set in fruit juice.

Source: Family Nutrition Program, Purdue Extension. Material funded in part by USDA's Food Stamp Program.

Refreshing Fruit Salad

Yield: 6 servings

Ingredients:

- 1 can pineapple chunks
- 1 can mandarin oranges, drained
- 2 Tbsp sugar
- 3/4 cup pineapple or orange juice
- 2 16oz cans, drained (any combination canned fruit)
- 1/4 cup mayonnaise
- 1 Tbsp cornstarch
- Dash of salt

Directions:

1. For dressing, combine sugar, cornstarch & salt. Stir in juice. Cook and stir until thickened. Cook and stir for 2 additional minutes. Remove from heat. Let stand at room temperature for 10 minutes.
2. Stir mayonnaise into cooked mixture. Cover & chill.
3. Combine drained fruit. Serve in individual dishes and spoon chilled dressing on top.

Source: Food Stamp Nutrition Connection, USDA

It's Time for an Update!

The "Indiana's Food for the Hungry" on-line food assistance directory is due for an update! Since 1994 the Directory of Indiana Food Assistance Organizations has been made available by the Purdue Department of Foods and Nutrition and the Cooperative Extension Service through funding provided in support of the USDA TEFAP. The directory was created as a resource for staff of agencies working to help those in need in Indiana.

Please watch your mailbox for information on how to update your agency's listing in our database. Update forms will be mailed this spring and corrections will be made in the summer. Thank you for your cooperation as we update our directory.

For questions or concerns, please contact Laura Palmer at lpalmer@purdue.edu or 765-496-2626.



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