



Introducing the new logo!

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

FALL 2007

Ask the Expert:

Can Emergency Food Programs Still Provide Food to Clients with Diabetes or Heart Disease?

Expert Answer: Yes, it is likely that many of your clients live with diseases and conditions such as heart disease or diabetes, but you can still help. While family history and exercise do influence these diseases, diet does play a role in heart disease (high blood pressure and high cholesterol) and diabetes. Although many individual food items that are provided by emergency food programs are not always the optimal nutrition choices, there are various ways clients can still eat these foods if they have a special medical condition.

This fall's newsletter insert provides information for your clients about making food selections if they have high blood pressure, high cholesterol or diabetes.

Look for the free
reproducible insert
inside!

The formatted style of the insert makes it easy to copy, cut and provide to clients as they make food choices at your facility.

Remember:

✓ If asked: Emergency food assistance program workers should only provide general nutrition information to clients.

✓ Personalized medical advice should only be given in consultation with a health professional.

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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Purdue Extension Specialist
700 W. State Street
West Lafayette, IN 47907
E-mail: lpalmer@purdue.edu

One question will be featured for each future newsletter.



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Emergency Food Programs Partner with Purdue University Extension

Paraprofessionals from the **Family Nutrition Program (FNP)** and **Expanded Food and Nutrition Education Program (EFNEP)** of Purdue University Cooperative Extension work closely with local emergency food programs. Nutrition education lessons and demonstrations are provided free to clients to educate them about how to make healthy food choices and stretch their food dollars.

As an FNP assistant with Purdue Cooperative Extension, **Debbie Threlkeld** is not new to helping people understand the importance of nutrition. She began her work with the FNP in 2000 and soon joined the team of employees and volunteers at FISH, a food bank program supported by local churches in Montgomery County.

Threlkeld spends six hours a week at FISH



Threlkeld is teaching community members at FISH

performing duties such as assisting clients with making food selections, accepting donations, and sorting food. Perhaps, her most important task is teaching nutrition lessons to clients. "I know they have many other distractions in their lives, so I just plant a seed in their mind."

Marjorie Wilson of the Northwest Indiana Food Bank also works closely with Purdue Extension. She partners with **Janet Reed** of EFNEP to provide instruction to emergency food assistance programs throughout Lake County.

To date, 25 food pantries have received this training and Wilson is thrilled, "It has been such a positive

experience working with EFNEP. Many people have benefited".



Wilson wishes to continue this collaboration through a new initiative, the **BackPack™**

Program which she hopes to pilot this fall. The **BackPack™** Program is designed to meet the needs of hungry children at times when other resources are not available, such as on weekends and during school vacations.

The **BackPack™** Program trainings will include topics such as food safety and nutrition education. Wilson believes this will be valuable to agency staff and volunteers.

Purdue University Cooperative Extension

A Resource in Your Community

Purdue Extension trained nutrition professionals can assist with:



Nutrition lessons



Food demonstrations

To partner with Purdue Extension, contact:

www.ces.purdue.edu/counties.htm or 1-888-398-4636

Purdue Extension

Knowledge to Go

1-888-EXT-INFO

The Importance of Protein


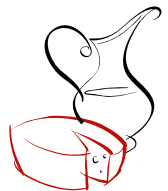
Protein is a required nutrient and is found in the cells of all living things. It is important for muscle, bone, skin, hair, and virtually every other body part or tissue.



Protein comes from the foods we eat in our diet.

Food provides different amino acids which are the building blocks of protein. Plant-based foods (except for soy) are typically “incomplete proteins,” which means they do not contain all of the necessary amino acids or have low amounts of them. “Complete proteins,” from animal foods, contain all of the essential amino acids. Therefore, it is important to eat a combination of proteins from both plant and animal sources each day. If animal sources are not available or desired, plant sources can be combined to form a complete protein (see below).

Complete protein examples:

	Milk	Meat	
	Cheese	Soy	
	Fish	Eggs	

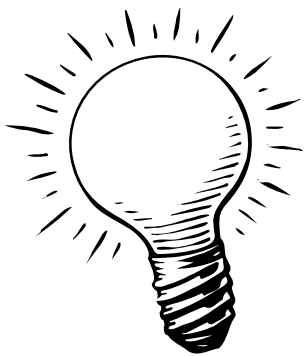
Incomplete protein examples:

	Nuts	Oats	
	Pasta	Rice	
	Lentils		
	Wheat		

Refer to Page 7 of the Newsletter for information on protein-packed beans!

Combining plant foods to form a “complete protein”

- √ Rice + beans
- √ Corn + beans
- √ Vegetarian chili + bread
- √ Peanut butter + whole wheat bread
- √ Bean soup + dinner roll
- √ Bean burrito (beans & tortilla)



When The Power Goes Out: Keeping Food Safe

Emergency situations can come at any time. Lack of money for electricity or a power outage can occur unexpectedly. Read below to find out how to handle foods before, during and after an emergency to keep it safe.

How Do I Plan an Emergency Food Supply?

Emergencies arise with little or no warning. To ensure an adequate diet during an emergency, keep a week's supply of food that does not need refrigeration stocked in your home. Store at least one gallon of water per person, per day, and keep a three-day supply of water on hand.

See the information below for a list of foods which can be safely stored at room temperature. Don't forget food and water for pets, extra essential medications, supplies and any special baby formulas. Remember to store food in a cool, dry place.

Shelf Stable Foods: Keep Stocked at Home

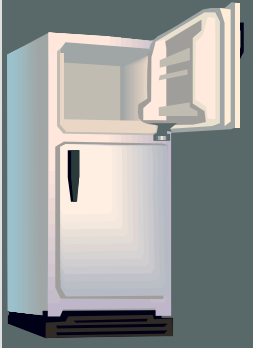


<u>Food Group</u>	<u>Suggested Foods</u>
Milk	➔ Evaporated canned milk, powdered milk
Vegetables	➔ Canned vegetables, canned juice
Fruit	➔ Canned fruit, canned juice, dried fruit
Meat, poultry, fish and dry beans	➔ Canned meat, canned beans, peanut butter and nuts
Bread, cereal, rice, and pasta	➔ Ready-to-eat cereal, minute rice and instant cereal



Download The Emergency Food Pyramid: <http://fcs.osu.edu/hn/>

When the Power Goes Out: Keeping Food Cold



Freezer Safety:

Depends on the type of food and the extent of thawing.

- ◆ **Refreeze partially frozen foods.**
- ◆ **Discard completely thawed, warm foods above 40°F.**
- ◆ **If freezer items are completely thawed, but still cold (below 40°F), cook and serve or cook and refreeze.**

Refrigerator Safety:

Check the temperature inside the refrigerator before the return of power, the type of food, and the time these foods have been stored.

- ◆ **Discard these food items if held above 40°F over 2 hours:** milk, fresh meats, poultry and eggs
- ◆ **These items are generally safe until power returns, but discard if moldy:** fresh fruits and vegetables

Tips to reduce the loss of food :

1. Keep the refrigerator door closed and food should remain chilled for 4-6 hours without power.
2. Add bags of regular ice to keep temperatures cool longer.
3. Evaluate the safety of the affected food once power returns.
4. When in doubt, throw it out.



**September is
National Food Safety Education
Month**

National Food Safety Education Month™ is an awareness initiative that promotes food safety education to the restaurant and foodservice industry. This year's theme is "Viruses: They're in Your Hands."

For more information on National Food Safety Education Month visit: www.nraef.org/nfsem/default.asp



Civil Rights

“And Justice for All”

“A Hungry Man
is Not
a Free Man”

-Adlai Stevenson

**TAKE
ACTION!!**

FAILURE
OR REFUSAL
TO FOLLOW
CIVIL RIGHTS
CAN
RESULT IN
LOSS OF
FEDERAL
ASSISTANCE

What are Civil Rights?

Civil rights are the nonpolitical rights of a citizen; the rights of personal liberty guaranteed to United States citizens by the 13th and 14th Amendments to the U.S. Constitution and Acts of Congress.

Goals for Civil Rights

- ◆ To provide equal treatment for all applicants and their dependents under the law.
- ◆ To increase knowledge of rights and responsibilities.
- ◆ To eliminate illegal acts that prevent or deter people from receiving benefits.
- ◆ To ensure dignity and respect for all.

Collection and Use of Data

- ◆ Be sure to keep client information secure and confidential.
- ◆ **Never collect a client’s Social Security number.**

Language Assistance

- ◆ Provide information in other languages for limited English proficiency (LEP) populations.
- ◆ Services must be provided to LEP populations.
 - Volunteers may be used to translate however, children who are minors should not be used to translate.

Notify the Public

- ◆ Always display “And Justice for All” poster for clients.

- ◆ Provide information in alternative formats for persons with disabilities (i.e. Braille signage, multi-language information).

Reasonable Accommodations

- ◆ Ensure access at your site for people with disabilities.

Make it handicap accessible:

- Parking lot, entrances and exits, halls, elevators, rest rooms

Make it available:

- Sign language interpreters, Braille signage, service animals.



Contact Information:

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Web Site: www.fns.usda.gov/cr

For more information on America’s Second Harvest Network, please visit: www.secondharvest.org

In the Kitchen with Dry Beans

Why Eat Dry Beans?

Beans are one of the most nutritious foods available. They are packed with protein, fiber, vitamins and minerals and have less sodium than canned beans. They are also low in cost and are readily available to eat.



Examples of Dry Beans:

Pinto	Kidney	Garbanzo
Black	Great Northern	Navy

Nutrition Facts for Dry Beans:

Calories: 225 kcal	Total Fat: 0.5 grams
Protein: 15 grams	Fiber: 11.3 grams
Excellent source of: iron (3.9 mg), magnesium (74 mg), folate (230 mcg)	

One cup of dried beans provides ~2-3 cups of cooked beans.

Buying and Storing:

- ⇒ Choose smooth, uniformly shaped dried beans.
- ⇒ Store in an airtight container in a cool, dry place for up to 1 year.

Preparing:

- ⇒ Drain and rinse beans well before soaking.
- ⇒ Cover beans with water and soak for 12 hours (overnight).
- ⇒ Simmer beans in fresh water for 1½ - 2 hrs until desired firmness.
- ⇒ Refrigerate cooked beans for up to 5 days or freeze for up to 6 months.

It's recommended that Americans eat ~3 cups of cooked beans per week.

Bean and Rice Burrito

Serving Size: 1 burrito Yield: 8 burritos

Ingredients:

2 cups kidney beans	8 flour tortillas
2 cups cooked rice	1/2 cup salsa
1/2 cup grated cheese	1 chopped onion

Preparation:

1. Rinse, soak and cook beans
2. Preheat oven to 300°F
3. Mix rice, chopped onion and beans
4. Place ½ c of the mixture into each tortilla
5. Fold tortilla and cook for 15 min
6. Pour salsa over tortillas and add cheese

Adapted from: Pennsylvania Nutrition Education Network

Mixed Bean Salad

Serving Size: 3/4 cup Yield: 8 servings

Ingredients:

1 can (15 ounces) green beans, drained and rinsed
 1 can (15 ounces) wax beans, drained and rinsed
 1 can (15 ounces) kidney beans, drained and rinsed
 1 can (15 ounces) garbanzo beans, drained and rinsed
 1/4 chopped white onion
 1/2 cup cider vinegar 1/4 cup orange juice

Preparation:

1. Combine the beans* and onion, mix evenly.
2. In a separate bowl, mix orange juice and vinegar.
3. Pour orange juice mixture over bean mixture and stir to coat evenly.
4. Let stand 30 minutes before serving.

* Other beans can be used if desired. Source: mayoclinic.com



Attention Emergency Food Programs of Indiana: Nutrition Survey Recently Mailed

A nutrition survey was recently mailed to food pantries and soup kitchens throughout Indiana.

If you haven't done so, please return the nutrition survey using the envelope that was provided by Purdue University. For questions related to the survey, please contact Amy Mobley at 765-496-9462 or armobley@purdue.edu.

Thank you for your time in completing the survey!

**We're On
the Web!**

www.cfs.purdue.edu/safefood



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This newsletter is created by faculty and Cooperative Extension Service staff in the Department of Foods and Nutrition at Purdue University, with funding provided in support of the USDA TEFAP (The Emergency Food Assistance Program).

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Please check your name and address and let us know of any changes we should make in our database.