



Safe Food for the Hungry

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

Summer 2003



Food Safety Mobile exhibits colorful USDA's FIGHT BAC Campaign's message

Food Safety Mobile comes to Indiana!

The Food Safety Mobile is making its way across the nation this summer, seeking to reach people of all walks of life with the information they need to make wise choices about safe food practices.

Under the direction of the United States Department of Agriculture, the Food Safety and Inspection Service seeks to educate the public in order to promote safe food practices throughout the country.

This summer a new campaign has been launched with the help of the bright and colorfully painted USDA Food Safety Mobile! This vehicle provides a rolling poster about food safety as it also offers transportation for food safety educators reaching out to millions of consumers.

At the Indianapolis 500 Festival's Community Day on May 21, members of the public were able to tour the Indianapolis Speedway. Local honor students came on a field trip that day, bringing more than 1,000 visitors to the Food Safety Mobile, parked in "Gasoline Alley."

Food safety can be a serious issue in the summer when temperatures are warmer than usual. Bacteria grows faster in the summer, and it's everywhere! Microorganisms are more likely to multiply in moist, warm weather.

Some soup kitchens and food pantries record high temperatures in the dry food storage areas of their facilities. Refrigerators and freezers have to work harder to keep food at correct temperatures. It's a good time to be on top of monitoring the temperatures of the different areas in your facility to help maintain food quality and keep foods safe.

Read more on this topic on page 7 of this newsletter.

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Safe Food for the Hungry Team goes on the Road!

contributed by Maria Charalampous, Graduate Student, Purdue University, Department of Foods and Nutrition



Safe Food for the Hungry news team (from left Martha, Maria and Venkat) getting the scoop from the Safe Food Mobile parked at the Indianapolis Speedway.

The Safe Food for the Hungry News Team was delighted to visit the Speedway and see the Food Safety Mobile! We discovered that the motor home exterior is the most exciting part, as the inside is really like any other motor home.

The food safety educators use the mobile to help them carry their educational message and materials into communities across the country. Check the website for a visit in your area! <http://www.fsis.usda.gov/foodsafetymobile/events.htm>



When the Food Safety Mobile visited Indianapolis this spring, the Safe Food for the Hungry team didn't just enjoy the food safety exhibit and the Speedway, we also toured the client choice pantry on Spann Avenue.

St. Vincent DePaul Food Pantry, located at 2111 Spann Avenue, Indianapolis, is a great example of the client choice method of providing food for the hungry. Client choice has been a significant factor in the planning of client visits to this progressive pantry. In an effort to help our readers manage pantries in a client choice approach, we are offering a detailed report of our tour.

St. Vincent's pantry is so popular that the long lines are managed through the distribution of numbers to each waiting patron. The waiting area is adorned with beautiful murals painted on the walls. A pantry volunteer will call a client's ticket number, and then enter the client's household size into the computer. A color-coded card given to the client by the volunteer lists the number of points that the person can use based on the household size. The point system is St. Vincent's method for offering food and product choices to their clients. Food items have 1, 2, or 3 points based on the cost and availability of the food.

The number of clients served varies each week, but it is not uncommon for this facility to serve 300-400 clients in a 4 hour period! To manage the large numbers with their shopping carts, staff ask their clients to move in an orderly manner around the aisles of the facility – it's like a big long line of shoppers.

The long lines waiting to use St. Vincent's pantry would support the claim that clients accept this form of shopping and all patrons are assured that everyone is served on a "first-come, first-serve" basis. Considering St. Vincent's Pantry is located in an inner city area and serves up to 400 clients in half a day, the need for crowd control is real. Over time, the management of St. Vincent's has recognized the need of consistent attendance by a police officer to help monitor the shoppers.



One of several beautiful murals painted by Alfred Eakerand at St. Vincent's Client Choice Food Pantry

As the shoppers proceed through the pantry with carts, they can read labels on cans and packages and make informed choices about what they select. (This is client choice!)

St. Vincent's offers a variety of foods. Most of the food comes from Gleaners Food Bank along with donations from local food stores. St. Vincent's provides other items such as soaps and household cleaning products. Clients particularly appreciate the chance to obtain non-food items because they are unable to do so with Food Stamps and WIC vouchers.

Once shoppers have completed their shopping, they are ready to complete their visit with the check out process. Clients hand their color-coded point card to a volunteer who verifies that they have the appropriate amounts of various categories of items for the allowance on their card. At this point, the clients bag their food – not a volunteer!

As you can appreciate, organization is a key to the success of this approach to client choice. Vera Thompson, the pantry's director, has many volunteers to assist her. Volunteers go through training to prepare for their work at the pantry. The large number of dedicated volunteers who enjoy working at St. Vincent's Pantry demonstrates how well this orderly system works! Likewise, clients benefit from the organized structure and feel more confident when they have the option of selecting the food they would like to eat.

New to The Emergency Food Assistance Program (TEFAP) manual this year is a chapter outlining Client Choice. Marsha McGraw, Indiana's TEFAP Specialist, continues the mandate that all pantries receiving USDA commodities function as client choice pantries. Various organizations may employ client choice using different approaches, but the end is the same.

Feeding Indiana's Hungry

Indiana's TANF Program now has Full Family Sanctions

Food Assistance Organizations throughout the state may see an increase in the number of clients in need of food. Changes in TANF program policy regarding compliance with regulations took effect July 1, 2003. One of the changes involves "family sanctions", meaning that every member of a household may experience a loss in benefits if a family member fails to comply with program rules regarding employment.

As families adjust to the new expectations, it is especially helpful if staff members and volunteers at food assistance programs are aware of the changes effecting families and ready to help in whatever way possible. Posters from the Division of Family and Children regarding this issue are to be posted at every food pantry in Indiana. If you have no poster and would like one, please notify your local Division of Family and Children office. [corrected 7-28-03 MJGipson]

Peanut Butter Bonanza!

by Nicole Harmeson, Purdue University Dietetics Student

Peanut butter and jelly sandwiches are good; however, peanut butter can be used in other dishes to give a flavorful kick to recipes. Although it seems to be a relatively simple food, it contains many nutrients.

Peanut butter is a good source of protein, vitamin E, and monounsaturated fats, (one of the healthy fats); contains fiber, and is naturally cholesterol free and low in saturated fat. Use the recipes listed below to incorporate peanut butter into your diet.

Thai Barbeque Sauce

Ingredients:

- 1 cup Barbeque sauce
- ¼ cup creamy peanut butter
- ¼ teaspoon soy sauce

Directions:

1. Start with 1 cup barbeque sauce and stir in other ingredients.
2. Spread on grilled meat the last 10-15 minutes of cooking.

Source: Kraft Food & Family, Summer edition, 2003



No Bake Cookies

Yields: 36 Cookies

Ingredients:

- 1 ¾ cup sugar
- ½ cup milk
- ½ cup butter or margarine
- 4 tablespoons unsweetened cocoa powder
- ½ cup peanut butter (crunchy or smooth)
- 1 teaspoon vanilla extract
- 3 cups quick-cooking oats

HINT Start timing when the mixture reaches a full rolling boil. If you boil too long the cookies will be dry and crumbly; if you don't boil long enough, the cookies won't form properly.

Source: www.recipe-source.com

Directions:

1. In medium saucepan, combine sugar, milk, butter and cocoa. Bring to a boil, and boil for 1 ½ minutes. *
2. Remove from heat, and stir in peanut butter, vanilla and oats.
3. Drop by teaspoonfuls onto wax paper. Let cool until hardened.

Rice...Not as plain as you may think!

Coming to the food pantries soon is long grain rice (or maybe the long grain rice has already arrived at your pantry!) On the Food Guide Pyramid, rice is at the base along with bread, cereal and pasta.

Rice is a good source of complex carbohydrates and is generally low in fat. The brown long grain rice contains some fiber. Like all milled grain foods, rice is fortified with folic acid. Rice can be served in the place of bread or pasta. The commodity rice from the United State Department of Agriculture (USDA) comes in plain packages which have no cooking directions on them.

To cook long grain white rice:

1. In a 2-to 3-quart saucepan, combine 1 cup uncooked long grain rice and 1 $\frac{3}{4}$ to 2 cups liquid*. If you so desire, add 1 teaspoon salt and 1 tablespoon butter or margarine.
2. Heat to boiling; stir, reduce heat; cover and cook for 15 minutes.
3. If liquid is not absorbed, replace cover and cook 2 to 4 minutes longer. Fluff with fork.

Microwave directions:

1. In a 2- to 3-quart deep microwave-proof baking dish, combine 1 cup uncooked long grain rice and 1 $\frac{3}{4}$ to 2 cups liquid*. If you so desire, add 1 teaspoon salt and 1 tablespoon butter or margarine.
2. Heat to boiling on HIGH; stir; reduce power to MEDIUM (50%) and cook 15 minutes. Fluff with fork.

*Liquid can be water, vegetable broth, or meat broth.

Bugs on a Log

Ingredients:

Celery Stalks
Peanut Butter
Raisins



Directions:

1. Take a stalk of celery and fill the center with peanut butter.
2. Place raisins on top of "log".

Source: www.recipe-source.com

Egg Fried Rice

A great way to use leftover rice!



Yield: 4 Servings

Ingredients:

1 teaspoon vegetable oil
 $\frac{1}{2}$ cup onion, finely chopped
 $\frac{1}{2}$ cup green beans
1 egg, lightly beaten
2 cups cooked long grain rice
2 tablespoons soy sauce
 $\frac{1}{4}$ teaspoon ground black pepper

Directions:

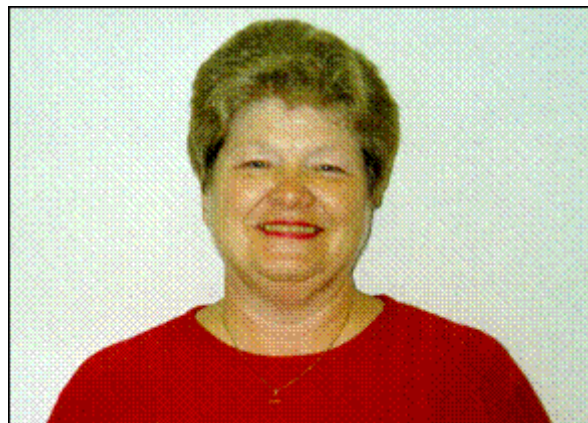
1. Heat oil in a medium skillet over medium heat.
2. Sauté onions and green beans for 2 to 3 minutes.
3. Pour in egg and fry for 2 minutes, scrambling egg while it cooks (be sure to cook the eggs thoroughly).
4. Stir in the cooked rice and soy sauce, mix well and sprinkle with pepper.

Source: www.allrecipes.com

Congregate Meal Sites Benefit from Bonnie Gunckel's Educational Efforts

As President of Medical Nutritional Therapists, Inc., Bonnie Gunckel, R.D., leads a group of registered and licensed dietitians who provide advice and support to individuals managing congregate meal sites in Indiana, Ohio and Michigan. One of her roles currently is to offer nutrition consultation and education within the Area V Council on Aging. Area V includes the following counties: Clay, Vigo, Greene, Monroe, Sullivan, Park, and Vermillion. Funded through a grant from the state of Indiana, Bonnie helps with meal plans and menus, food safety and nutrition education, in addition to on-site one-on-one nutrition counseling for clients. Generally visiting every site at least two times a year, Bonnie reaches out to staff and volunteers as well as clients, giving guidance and support for helping senior citizens receive nutritious, delicious meals.

Bonnie started working with the Area Council on Aging in 1970 when the first organizations of this type were formed, and has continued to work with senior citizens throughout her career. Over the years Bonnie has shared her knowledge and expertise in the areas of geriatric and pediatric nutrition, and nutritional counseling for individuals with special health concerns such as diabetes, allergies, and hypertension. Bonnie has five grandchildren while she is also an active professional maintaining memberships in the American Dietetic Association, the Indiana Dietetic



Bonnie Gunckel, RD, is President of Medical Nutritional Therapists, Inc. and provides guidance to congregate meal programs in Indiana, Ohio and Michigan.

Association, and the national Geriatric Nutrition Practice Group.

In Indiana, most of the congregate meal sites serve meals Monday through Friday for the mid-day meal. When working with sites, Bonnie plans meals that reflect the preferences of the people involved but that also contain one third to one half of a day's nutrition. For example, representatives from each of the meal sites meet together to discuss and decide on menu plans. After the meeting they send to Bonnie their plans. She reviews them and tries to make as few changes as possible, while keeping within nutrition guidelines.

Every year Bonnie helps with community health fairs and edits a quarterly newsletter which goes to all participants in the meal sites. The newsletter has recipes, tips on food safety at home, nutrition education and at least one cartoon! In addition to all this, Bonnie also helps dietetic students with special projects.

Recently, Bonnie supervised Purdue University dietetic intern, Leann Wuertemberger, as Leann designed and taught the class: "55 Ways to Degrease your Diet" in Kokomo at the Senior Center. Leann's presentation featured ideas on alternatives to fat, for example, instead of using butter when baking a cake – use applesauce! After her presentation, Leann also offered some one-on-one nutrition counseling to some of the seniors present. Considering all the experience Bonnie Gunckel has with this type of work, who could find a more perfect mentor for interns like Leann?



Purdue University Dietetic Intern, Leann Wuertemberger, teaches a workshop at Kokomo Senior Center.

Summer Food Safety

Thankfully, food producers and government agencies work to promote safe food practices and the **FIGHT BAC** campaign encourages consumers by highlighting four simple steps to safer food in the summertime.

Clean: Wash Hands and Surfaces Often.

Unwashed hands are a prime cause of foodborne illness.

Separate: Don't Cross Contaminate.

Cross contamination during preparation, grilling, and serving food is a prime cause of foodborne illness. Cross contamination can occur when preparation surfaces are not thoroughly washed after each use, for example, use of a cutting board to prepare raw chicken followed by slicing tomatoes that won't be cooked.

Cook: Cook to Proper Temperatures.

Food safety experts agree that food is properly cooked when it is heated for a long enough time and at a high enough temperature to kill harmful bacteria that cause foodborne illness. See <http://www.cfs.purdue.edu/safefood/foodsafety/postlb.html>.

Chill: Refrigerate Promptly.

Holding food at an unsafe temperature is a prime cause of foodborne illness. Keep cold food cold!

If you have any doubts, throw it out!

For additional food safety information about meat, poultry, or egg products, call the toll-free USDA Meat and Poultry Hotline at 1-888-674-6854, information is also available at our website: www.cfs.purdue.edu/safefood/sfhungry.html and at the FSIS Web site: www.fsis.usda.gov



Indiana's Directory of Food Assistance Organizations is still available, free of charge, both online and on paper.

www.cfs.purdue.edu/safefoodsfhungry.html

Organizations Update Information for Directory of Food Assistance Groups

Keep the information about your organization current and up-to-date in the Directory of Food Assistance Organizations. Around the middle of September, your organization will receive a request from our office asking you to check the information we have about your organization.

Please return this form to us even if all of the information is correct. If there are changes to make, write them directly on the form and return to us so that we can keep this important Directory current. A postage-paid envelope will be provided for you. Your listing in this Directory is free of charge.

People who work to help feed the hungry throughout the state of Indiana reference this Directory. We hope you will stay current with us, and remember, your organization listing may help to increase the number of food drives from which your group benefits.



Temperature Tips

Do you want a handy reference for temperatures? If so, come check out our new storage temperature tips!

Now on our website, there are printable temperature log sheets, posters, and important information on good storage practices in the freezer, refrigerator, and dry storage areas. Visit this new cool spot on our website! <http://www.cfs.purdue.edu/safefood/foodsafety/storagetemperaturetips.html>.

To order a paper copy, send requests to:
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of any changes we should
make in your listing in our
database.*

Food Safety Questions?

Educators at your local Purdue University Extension Office can answer your food safety questions. To contact your local extension office, call: **1-888-EXT-INFO**



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