



Safe Food for the Hungry

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

Spring 2003

Bigger is not always better!

We've all heard that before. In this instance, we're referring to portion size. The Food Guide Pyramid recommends that we eat certain amounts from each food group daily. However, the amount of a food appearing on the nutrition labels at the store do not represent the same quantities as the Food Guide Pyramid serving sizes.

One portion of cooked cereal is one cup for the label but only 1/2 cup for the pyramid. The amount shown on the label is not a guide to serving size, but a way to help consumers be informed about the amount of nutrients in the food, making comparisons between food choices easier.

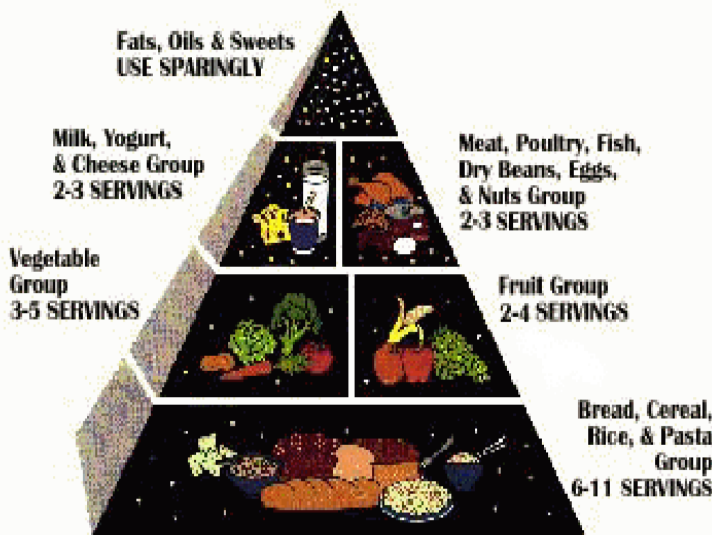
Individuals must take care to determine the right number of servings from each food group to eat daily, depending on their calorie needs. Calorie needs vary widely between different groups.

For example, children between two and six years of age, and some inactive women and older adults may require approximately 1,600 calories per day. Most children six years and older, teen girls, active women and inactive men require approximately 2,200 calories per day. Teen boys and active men require nearly 2,800 calories daily.

Pyramid serving sizes and the suggested number of servings from each food group are presented by the USDA as recommendations to help people determine their best choices regarding daily diet. While the portion sizes you choose may not equal the serving sizes shown on the pyramid, the whole amount of food consumed daily should equal what is recommended.

The USDA reminds us: "One key to making wise food choices is knowing how much you ARE eating, as well as how much you SHOULD eat." If you are trying to manage your weight or have a particular need to lose weight, this practice is essential! A table of Food Pyramid Servings Sizes can be found on page 6 of this newsletter.

For more details on portion size versus serving size, go to: <http://www.usda.gov/cnpp/Pubs/Brochures>.



On the Menu

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Locally Speaking, Who can help you with food safety questions?

Extension Educators and Family Nutrition Advisors, that's who!

The mission for **Purdue University Consumer and Family Sciences Extension** is to provide informal educational programs that increase knowledge, influence attitudes, teach skills, and inspire aspiration. Through the adoption and application of these practices, the quality of individual, family, and community life is improved.

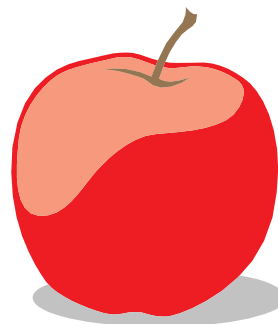
These programs are funded through the United States Department of Agriculture and already in place throughout the state to assist organizations and individuals and to improve food security, family nutrition, and quality of life. In every Indiana county, there is an Extension Educator to help you, and in many counties, there is a Family Nutrition Advisor too!

A website with a listing of the Extension Educators in your region is available at <http://www.ces.purdue.edu/anr/field/fs/countyoffices.html>

Purdue University Consumer and Family Science (CFS) Extension Service demonstrates its support for Indiana families through the many different educational programs offered to people in their community or in community locations.

CFS Extension Education includes the following areas:

- Family Resource Management
- Foods and Nutrition
- Human Development
- Expanded Food and Nutrition Education Program (EFNEP)
- Family Nutrition Program (FNP)



The Family Nutrition Program (FNP) operates in 55 counties in Indiana and collaborates with food pantries and many other organizations that work to help limited income citizens. In every Indiana county, Extension Educators work to help participants gain skills in meal planning, safe food preparations, and the budgeting for and buying of food by offering educational courses at convenient locations.

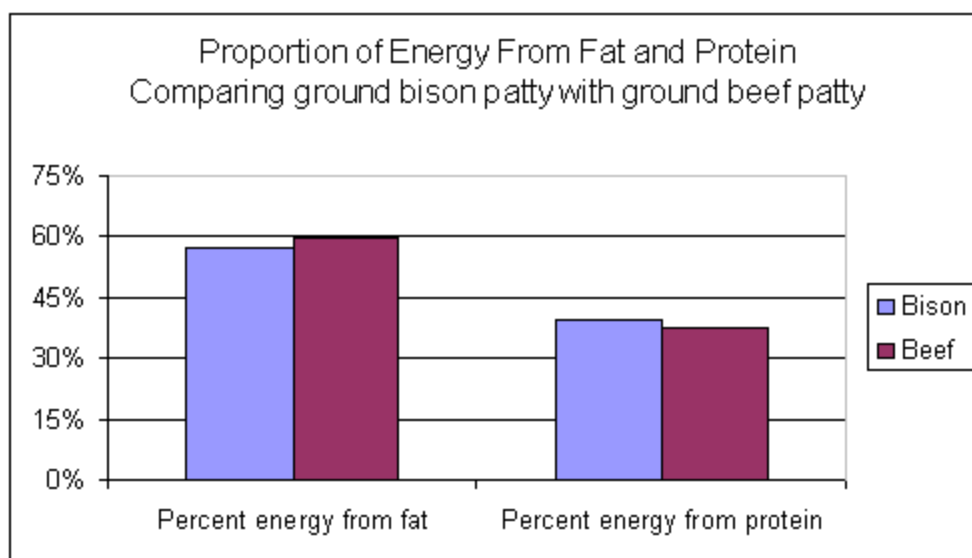
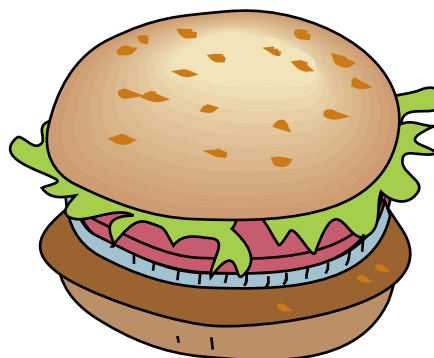
The Expanded Family Nutrition Education Program (EFNEP) has 36 staff members, or Family Nutrition Advisors, working in various Indiana counties to help reach and teach those families in need of assistance regarding nutrition, food safety, or food security issues.

Whether you are a volunteer at a soup kitchen, an administrator of a community organization, or a resident in need of encouragement, Purdue Extension has resources to help you.

Contact Purdue CFS Extension at 1-888-EXT-INFO.

Bison Burger, Anyone?

Ground bison meat resembles ground beef in appearance and in cooking. You could say it looks and cooks just like ground beef! Bison can provide more protein per ounce and less fat than some cuts of beef. With a richer, sweeter, flavor, ground bison tastes similar to ground beef. Here's how a 3-ounce bison patty, pan-broiled compares with a 3-ounce ground beef patty, pan-broiled, made from 75% lean meat.



What's in it for you?

Nutrient	3 ounce ground bison patty	3 ounce ground beef patty (75% lean)
Energy (cal)	202	211
Protein (gm)	20	20
Total fat (gm)	13	14
Iron (mg)	3	2
Magnesium (mg)	19	17
Zinc (mg)	4	5

Data from www.nal.usda.gov/fnic/cgi-bin/list_nut.pl

Bison looks and cooks like beef!



This spring food pantries and other food assistance organizations throughout Indiana will receive ground bison meat and lamb roasts, as well as blueberries, peaches and ready-to-eat pudding cups. These particular foods are packed with protein and are nutrient dense foods.

What are Nutrient Dense Foods?

Foods that provide a lot of nutrients relative to the number of calories are called nutrient dense.

Examples of nutrient-dense foods include:

lean meat, fish and poultry, eggs, legumes, dark green vegetables, citrus fruits, nonfat milk, other fruits and vegetables.

These foods are excellent choices for everybody, but particularly for individuals who need to maintain their nutrient intake while watching calories.

Catch more tips on nutrition and food safety at our website:

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

Chocolate and Vanilla Pudding cups!

These cups of pudding provide a **calcium** rich snack for kids!

150 mg calcium per serving!



Bison Chili

Yields 4 adult servings

Ingredients

- 1 pound ground Bison
- 1 medium onion, chopped
- 1 15 ounce can pinto beans, rinsed and drained
- 2 16 ounce cans peeled tomatoes
- 1/2 cup water
- 2 teaspoons chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper
- 1/4 cup fresh cilantro, chopped (optional)

Directions

1. In a non-stick skillet, sauté the ground bison and onion until the meat is browned and the onion is tender.
2. Add the pinto beans, tomatoes, water and seasonings.
3. Cover and simmer for 1 hour, adding more water if chili becomes too thick.
4. Add chopped cilantro and simmer an additional 10 minutes.
5. Spoon into bowls and garnish with grated cheese or diced jalapeno peppers.

Copyright: Bisoncentral.com

Bison Pasta Casserole

Yields 6 adult servings

Ingredients

- 8 ounces ground bison
- 1 tablespoon olive oil
- 5 1/2 cups tomato pasta sauce
- 1 teaspoon salt
- 1 pound rigatoni pasta
- 1 cup grated Parmesan cheese (about 4 ounces)
- 6 ounces shredded mozzarella cheese

Directions

1. Put olive oil in small saucepan. Over medium heat, cook ground bison stirring until well done.
2. In a medium size bowl combine cooked bison with pasta sauce.
3. To a large pot containing 5 to 6 quarts boiling water add the salt and rigatoni pasta. Cook for 12 minutes in boiling water, stirring often.
4. Drain completely. Cooked pasta should still be relatively firm at this stage.
5. Spread a very thin layer of meat sauce in the bottom of a greased 12-cup casserole dish (13x9x2).
6. Cover with one third of the cooked pasta, one third of the remaining meat sauce, and a third of the Parmesan cheese. Repeat layers twice.
7. Top with shredded Mozzarella cheese. (Can be refrigerated for a day at this stage if so desired.)
8. Bake at 350°F for 20 minutes covered, then 10-15 minutes uncovered.
9. Serve with tossed green salad and garlic bread.

Note: if casserole has been refrigerated, then remove to room temperature for 1 hour before baking.

Copyright: Bison Basics.com

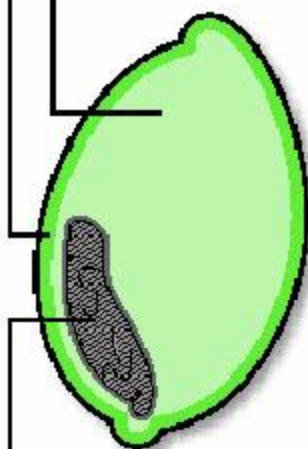
Get the whole picture, get whole grain value!

Whole grain kernel

Bran

Endosperm

Germ



Grains like wheat, rice, oats, corn, or barley are also called cereals. All grains have a kernel containing bran, endosperm and germ. These different parts of the grain offer nutrients that we all need: fiber, B vitamins, trace minerals, carbohydrates, protein, antioxidants, and vitamin E.

Everyone's heard that whole wheat is good for you. But does everyone know why? It's not just the fiber, although that's one of the reasons whole wheat and other whole grains are good for you. Careful label reading can help consumers to determine the food product's ingredients are in fact a whole grain kernel rather than a refined grain.

Whole grains consist of the whole grain kernel whereas refined grains have been milled. The whole grain kernel has mineral rich parts which are removed in the milling and refining process. The milling process refines the grain by removing the bran and the germ. Unfortunately, this process also removes iron, fiber and B vitamins and reduces the overall nutritive value of the grain. This is why many products are enriched with vitamins and minerals after milling.

However, people who choose to eat whole grains receive more benefit nutritionally because the additional value from enriching the flour does not replace all losses!

People all over the world use grains as a foundation for their diet. Not only do they provide vitamins, minerals, complex carbohydrates and fiber, but they may also help prevent chronic diseases when eaten regularly as part of a healthy diet. In the United States, our Food Guide Pyramid suggests that people consume 6 – 11 servings of grains daily and several of these should include whole grains.

Please see "Get on the Grain Train" at the USDA website to learn more about this topic:

<http://www.usda.gov/cnpp/Pubs/Brochures>.

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

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



To order a paper copy, send requests to:
Martha Jane Gipson
Dept. of Foods and Nutrition
700 West State Street
Purdue University
West Lafayette, IN 47907-1264

Food Pyramid Serving Sizes

Bread, Cereal, Rice, Pasta

- 1 slice bread
- ½ hamburger bun or English muffin
- 1 small roll, biscuit, or muffin
- 5 to 6 small or 3 to 4 large crackers
- ½ cup cooked cereal, rice, or pasta
- 1 ounce ready-to-eat cereal

Vegetables

- ½ cup cooked vegetables
- ½ cup chopped raw vegetables
- 1 cup leafy raw vegetables, such as lettuce or spinach
- ¾ cup vegetable juice

Milk, Yogurt, Cheese

- 1 cup milk
- 8 ounces yogurt
- 1 ½ ounces natural cheese
- 2 ounces processed cheese

Fruits

- 1 whole fruit such as a medium apple, banana or orange
- 1 grapefruit half
- 1 melon wedge
- ¾ cup 100% fruit juice
- ½ cup berries
- ½ cup chopped, cooked, or canned fruit
- ¼ cup dried fruit

Meats, Poultry, Fish, Dry Beans and Peas, Eggs, and Nuts

- 2 – 3 ounces of cooked lean meat, poultry without skin, or fish
- Count as 1 ounce of meat: 1 egg, ½ cup cooked beans (e.g., kidney, lentils), 2 tablespoons peanut butter

Fats, Sweets, and Alcoholic Beverages

- Use sparingly.
- If you drink alcoholic beverages, do so in moderation

From: *Using the Food Guide Pyramid: A Resource for Nutrition Educators.* <http://www.nalusda.gov/Fpyr/guide.pdf>

Fight Bac!



The Fight Bac Campaign offers handy reminders for safe food handling practices, like the four steps: CLEAN, SEPARATE, COOK, and CHILL! We have a limited supply of these cards available in English and in Spanish. If your organization could use a few, you may send requests for 1-5 cards to:

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*Please check your name
and address and let us know
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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This newsletter is created by the Cooperative Extension Service staff in the Department of Foods and Nutrition at Purdue University, with funding from a Community Foods and Nutrition Block Grant administered by the Family and Social Services Administration, Division of Family and Children, Housing and Community Services Section.

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1-888-EXT-INFO

<http://www.agcom.purdue.edu/AgCom.Pubs/menu.htm>