



Safe Food for the Hungry

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

Winter 2003

Participants Discover the Value of Nutrition Education through EFNEP

The Expanded Food and Nutrition Program, EFNEP, is a federally funded nutrition education program offered through the Cooperative Extension Service in every state and U.S. territory. Since 1969 this program has trained paraprofessionals to teach limited resource families in their homes or in groups at community sites. Food and nutrition topics are taught in a series of lessons intended to lead to behavior changes in participants.

The EFNEP of Madison County is collaborating with Second Harvest Food Bank of Central Indiana, United Way of Madison County, and five different area food pantries, to offer nutrition education and food safety classes.

Lois Rockhill, Executive Director of Second Harvest Food Bank of East Central Indiana, pioneered the project, funded through United Way, to continue the development of the "Client Choice Model" at local food pantries. The project included three primary goals to stop hunger: further develop the client choice model, provide enough food to test whether or not the model works, and client education to improve food resource management and nutrition.

Unfortunately, hunger is not an unfamiliar face to Madison County residents, where as many as 21,000 citizens are believed to have an income insufficient to meet their most basic needs. While many of these individuals are employed men and women, some are seniors, and even more are children.

EFNEP has played an important role for many of these people. As many as 49 citizens struggling to make ends meet have participated in the education program, and 38 have completed all seven lessons taught in four, two hour sessions at the pantries. Participants have been so impressed with the help they've received, they have written letters of thanks, expressing just how much these classes have impacted their lives.

EFNEP is taught by specially trained paraprofessionals called Family Nutrition Advisors (FNAs). EFNEP in Indiana currently supports 36 FNA positions. These caring individuals usually live in the areas and neighborhoods in which they work. They are trained in food safety and basic nutrition in order to teach the program. Family Nutrition Advisors usually work closely with the clientele they serve. Their caring educational approach is revealed through the stories received from EFNEP participants. Read **Personal Glimpses**, page 2 of this newsletter, for more detail on how EFNEP helps improve the quality of life for those who participate.

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Madison County's Family Nutrition Advisors standing in a clockwise circle. Starting at 12 o'clock position: Pauline Neal, Vicki Shafer, Diana Reichter, Sharon Score, Linda Echelbarger and Lynn Schocke

Advisors Describe Benefits of EFNEP

Madison County's Family Nutrition Advisors teach the Expanded Food and Nutrition Education Program classes. Advisors work so closely with participants that a success story of a class participant is a success story for an Advisor too! Those individuals attending all classes receive a certificate as well. The stories below are from the Advisors pictured above.

One young mother-to-be joined the nutrition program after having completed the "Have a Healthy Baby" classes. Her initial food recall had a lack of fruits and grain foods and her weight gain was slow.

When she graduated from the program and did an exit food recall she had several food items that she had received from the food pantry; peaches, English muffins and yogurt. She really was eating better!



At the end of the first class at one pantry, I noticed one young lady had tears in her eyes as she was taking her groceries to her car.

Her friend told me her husband had just left her and her child with no money and she had been worried about how she would get food.

EFNEP Participants Tell their Stories

“On a personal level the EFNEP and the food pantry has been a tremendous help to me and my family. Not only have I learned how to prepare and serve my family a full and well rounded meal, I also have learned how to budget my food bill.

If it weren't for the food pantries, my family wouldn't have full cabinets. Also, if it weren't for the food pantries, many people like me would go without. I thank everyone that has given to the pantries. My family thanks you too.”

EFNEP participant

“Coming to the EFNEP program has truly been a blessing to my family and me. It has taught me how to cook meals for less money, and how to save on our grocery bill by at least \$15 a week. I believe it has also shown me how to see how much fat and calories are really in fast food. I've learned to eat a lot healthier and how important it is to be aware of what we eat.

Being able to receive food at the pantry after the class has been a blessing in itself. I've been on maternity leave and money is tight. It has helped put food on the table when there wasn't much money to spread around. Thank you so much for your help.”

EFNEP participant

“I think the EFNEP classes were a wonderful program. They taught be so much: how to save money, how to cook good meals, and how to save time in the kitchen by cooking meat and freezing the rest.

Thanks so much for the food. It helps out so much. I'm glad there are places like this to help out. Sometimes it's very hard to make enough money to get food.”

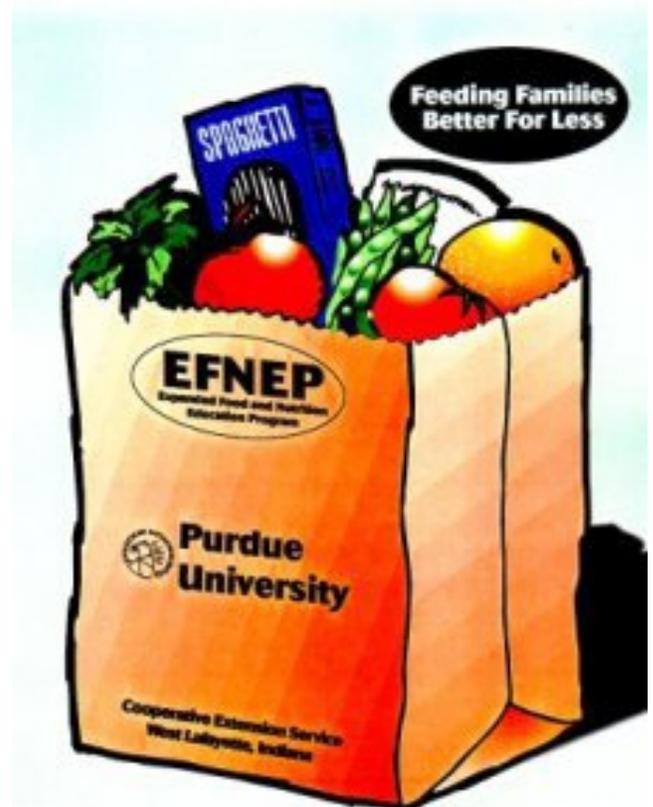
EFNEP participant

“This nutrition class has taught me to cook healthier and eat healthier with my entire family. When we eat healthier we really do feel better.

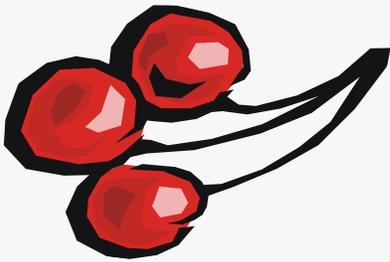
Lynn Schocke is a great instructor - she taught me so much about shopping and cooking. The food bank being made available was a great help because my husband and I have five children and one on the way. My husband is disabled and I am currently doctor ordered not to work.

Our food stamps definitely wouldn't last for the whole month, so my husband and I appreciate being able to come to this food bank. Thanks for everything.”

EFNEP participant



The first-hand accounts on this page are from some of the people who attended the EFNEP classes offered in their county. These stories demonstrate how the client choice model really helps food pantry clients.



These assorted recipes require some ingredients we believe will be readily available in food pantries throughout the state this winter:

frozen blueberries, dried cherries and dehydrated potatoes.

The dried cherries arriving at food pantries this winter may be put into your favorite recipe, or just eaten as is for a snack. They can be substituted for raisins in any recipe. Store them at a constant temperature avoiding high heat.



Blueberry Gems

Yield: 3 dozen mini-muffins



Ingredients

- 1 1/2 cups all-purpose flour
- 1/4 cup white sugar
- 1 1/2 teaspoons baking powder
- 1/8 teaspoon salt
- 1 egg
- 2/3 cup orange juice
- 2 tablespoons vegetable oil
- 1 1/2 teaspoons vanilla extract
- 1 1/2 cups fresh or frozen blueberries

Directions

1. Preheat oven to 400° F. Lightly coat muffin pans with oil or nonstick cooking spray, set aside.
2. In a mixing bowl, stir together flour, sugar, baking powder, and salt. Make a well in the center of flour mixture, set aside
3. In a separate bowl, stir together egg, orange juice, oil and vanilla.
4. Combine liquid ingredients with the flour mixture just until moistened.
5. Fold in blueberries. Spoon into prepared muffin cups, filling each about 2/3 full.
6. Bake in preheated oven for 15 to 18 minutes, or until golden and toothpick inserted into centers comes out clean. Cool slightly before removing from pans.

Serve warm with butter.

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Shepherd's Pie

Yield: 7-10 servings

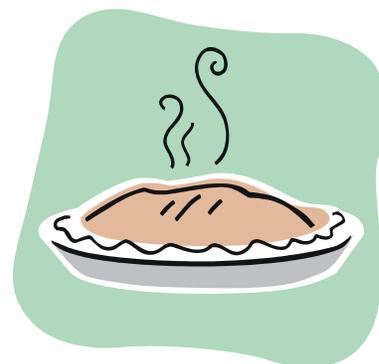
Ingredients

- 2 lbs. ground turkey (or ground beef)
- 1 onion chopped
- salt and pepper
- 2 15 1/4 oz. cans corn or other vegetables
- 2 10 3/4 oz. cans tomato soup
- 2- 3 cups prepared mashed potatoes

Directions

1. Brown the meat with some onion in a large, deep skillet. Season the meat with salt and pepper while it is browning.
2. Add vegetables and tomato soup to the skillet. Mix.
3. Heat mixture through.
4. Pour the mixture into a 9 x 13 inch baking pan.
5. Add mashed potatoes to fill the pan to the top.
6. Season the top with salt and pepper.
7. Bake at 350° for 30 minutes until it is fully heated.

Copyright 2002, <http://family.go.com/recipes/>



Crunchy Cherry Party Mix

Yield: 20 servings

Ingredients

- 4 cups bite-size corn or rice oven-toasted cereal (square shapes, like Chex or Crispix)
- 2 cups bite-size wheat oven-toasted cereal
- 2 cups broken whole grain Melba toast
- 2 cups small fat-free pretzel twists
- 3 tablespoons margarine or butter, melted
- 1 tablespoon Worcestershire Sauce
- 2 teaspoons chili powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/8 teaspoon cayenne pepper
- 1 1/2 cups dried tart cherries

Directions

Preheat oven to 300°F.

1. Place corn or rice cereal, wheat cereal, Melba toast and pretzels in a large bowl; stir to mix.
2. Melt margarine or butter in microwave in glass measuring cup or microwave safe bowl.
3. Stir in seasonings.
4. Drizzle over cereal mixture. Toss to coat.
5. Spread cereal mixture in a 15x10x1-inch (or a 13x9x2-inch) baking pan.
6. Bake about 25 minutes, stirring every 7 to 8 minutes.
7. Remove from oven; stir in dried cherries. Pour onto aluminum foil to cool completely. Store in a tightly covered container for up to 1 week.

<http://www.meals.com/RecipeCenter>

St. Joseph County Mobile Food Pantry Provides Increased Nutrition to those in Need

by Holly Pippinger, Purdue Dietetic Intern



Bill Carnegie, President of Northern Indiana Food Bank, stands by his pride and joy: the Mobile Food Pantry.
Photo by Shawn Spence.

As a dietetic intern at the Food Bank of Northern Indiana, I had the opportunity to travel with the Mobile Food Pantry to needy neighborhoods in St. Joseph county.

The St. Joseph County Mobile Food Pantry is administered through the Food Bank of Northern Indiana. The Food Bank is part of America's Second Harvest, the United States largest hunger relief organization. This organization works through a network of more than 200 food banks and food rescue programs. The Mobile Food Pantry has been operating through the Food Bank of Northern Indiana for almost 8 months and has provided over 2500 families with nutritious, wholesome food.

The Mobile Pantry delivers food 2-3 times per week. The food items distributed by the mobile pantry include bread, pastries, cheese, various canned goods, watermelon, potatoes, cantaloupe, salad mixes, bagged spinach, bananas, and an assortment of other fresh produce.

The St. Joseph County Mobile Food Pantry operates solely on donations made by local organizations. The Community Foundation of St. Joseph County provided a \$10,000 grant to expand the Food Bank operation into the Mobile Food Pantry. A Lilly Endowment grant was awarded along with a grant from the City of Mishawaka which enabled an expansion of services to Mishawaka residents. Pepsi-America will also be donating an 8 bay truck to help further develop the Mobile Food Pantry.

Editor's Note:

Holly Pippinger worked with the food bank as a part of her community rotation in the Coordinated Program in Dietetics at Purdue University.

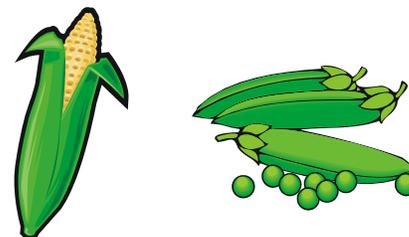
Along with providing nutritious foods, the Mobile Food Pantry prevents waste and spoilage of many non-perishable food items. The food that gets distributed from the Mobile Food Pantry would otherwise go to waste. This excessive waste of food caught the attention of John Arnold of the Second Harvest Gleaners Food Bank of West Michigan. Arnold is the man responsible for designing and establishing the first Mobile Food Pantry.

Arnold recognized many of the barriers that affect families in need. These barriers include food pantries having too many limitations to receive food, not enough organizations that distribute food, and inaccessibility or lack of transportation to the distribution sites. The purpose of the Mobile Food Pantry is to limit these barriers for people in need of food. The Mobile Food Pantry basically tries to eliminate the "middle man." The food goes directly to where it is needed most.

While traveling with the Mobile Food Pantry, using a short questionnaire, I had the opportunity to ask people in the neighborhoods how they felt about the mobile pantry. Many of the people felt the food they received was very helpful and always tasted good. They particularly loved the fresh produce that they otherwise were unable to purchase themselves. The people also liked being able to take as much food as they need rather than having a limit to what they can take. One woman said the food from the truck "is a lifesaver!"

Although the Mobile Food Pantry has been in existence for only a short time, the results of the program will last much longer. The nutritional benefits the families receive along with a few more stress-free days of how to feed their families makes the efforts of the Mobile Food Pantry all worthwhile.

Answers to our Fall issue's puzzle: Crossword Fun with Produce Power



Across:

1. A sweet orange tuber high in potassium. **yam**
4. You are what you **eat**.
5. This fruit begins with a "P" and its name describes its shape. It is high in potassium. **pear**
6. This long orange root vegetable is one of the richest sources of beta-carotene. **carrot**
7. This bulb vegetable can make you cry. It contains allelic sulfides; phytochemicals that may reduce risk of cancer. **onion**
8. Green **bean**. This vegetable contains good amounts of vitamins A & C.
9. A kind of apple that begins with "G". Apples are high in pectin, a type of fiber that helps keep cholesterol low. **Gala**
10. This bright green fruit is high in vitamin C. It tastes like a cross between a raspberry and a melon. Use it to brighten any salad. **kiwi**
11. Look for these both fresh and frozen. They are small, round and green and are a legume. **peas**
12. This common green vegetable is in the cruciferous family. It contains numerous phytochemicals that may help reduce risk of some cancers. **broccoli**
13. Look for this large fruit during the summer. It comes in many varieties such as cantaloupe, honeydew, and watermelon. Vitamin C and beta-carotene are two nutrients that are found in this juicy fruit. **melon**
14. This bulb vegetable contains many phytochemicals that may reduce risk of cancer. **garlic**
15. This vegetable contains capsaicin, a phytochemical used in creams to relieve the pain of osteoarthritis. A Jalapeno is one. **hot pepper**
16. This vegetable is also a grain. Enjoy it on the cob. **corn**



Down:

1. Use cabbage to make this type of salad. Cabbage contains indoles that may reduce risk of some cancers. **slaw**
2. Drinking this beverage may be beneficial to your health, especially if it's green. **tea**
6. This vegetable is sold by the head. It is rich in vitamin C and is used to make slaw. **cabbage**
10. This dark green leafy vegetable contains vitamin C, beta-carotene and phytochemicals lutein and zeaxanthin that may help keep your eyes healthy. It is similar to collards except its leaves are curly. **kale**
13. This vegetable is a fungus and contains a fair amount of B vitamins and some protein. **mushroom**
4. This delicious tropical fruit is high in beta-carotene and vitamin C. Its name rhymes with tango. **mango**
5. This fruit is eaten as a vegetable and is the main ingredient for pasta sauce and catsup. It contains plenty of vitamin C and lycopene which may help reduce the risk of prostate cancer. **tomato**
6. The American Institute of Cancer Research recommends that you eat at least this many servings of fruits and vegetables each day. **five**
7. This small red fruit comes with a pit and appears in your store during the summer. **cherry**
8. Go for the darkest green varieties of this leafy vegetable, which is the base for most salads. **lettuce**

<http://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

Safe Food For the Hungry

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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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