



# Safe Food for the Hungry

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

## New Rules for Food Handler Certification!

According to Rule 410 IAC 7-22 food establishments have until December 31, 2004, to have one certified food handler on their staff. Requirements for a "person-in-charge" on-site at all times still apply. The person-in-charge and the certified food handler may be two different people. The law does not require that a certified food handler be on site at all times, just that each establishment must staff one certified food handler. The certified food handler is responsible for all aspects of the food organization's operation.

The three food handler certification programs available in Indiana at this time are: ServSafe®, SuperSafe Mark™ and the Essentials of Food Safety and Sanitation Program Information. Workshops range in cost from \$75.00 to \$120.00 per person and are offered frequently around the state. The workshops vary in length from one to two days.

Updated with new bookings as they're scheduled, a comprehensive list of many planned workshop dates can be found at: <http://www.foodsci.purdue.edu/outreach/retailfoodsafety/>.

Once certified, individuals will need to renew their certification periodically. Each certification program has different renewal periods. Remember to check with your specific certifying organization to verify the renewal period of your certificate. In

general, most are renewable every five years – due to the ongoing changes in the science of food protection; however, none can exceed five years.

## New Rules...

*(continued on page 2)*



*Food Handler Certification Class at Second Helpings, Indianapolis*

## What's Up at Second Helpings?

Second Helpings, Inc., a non-profit food rescue and job-training program serving greater Indianapolis, safely uses rescued food to educate and train adults for positions in the culinary field and to distribute nutritious meals to shelters for the disadvantaged.

In response to the new Indiana law requirements, Second Helpings is now offering a one-day food handler course for manager certification in the food service industry. The law will require that at least one individual per establishment be trained and certified in food safety. Certification can be achieved by passing an approved exam. A ServeSafe® certificate is given upon successful completion of an 80 question multiple choice exam. Those who complete this course will also receive recognition from the International Food Safety Council and permanent registration in the National Restaurant Association Educational Foundation's national registry.

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**New Rules.....**(continued from page 1)

For answers to frequently asked questions, please see the Indiana Department of Health website at <http://www.in.gov/isdh/regsvcs/foodprot/foodhandler/certificationrule.htm>

For those of you without easy access to the internet, please see below the contact information for registration for the various food handling courses.

**Food Handler Certification Classes are available through the following organizations:**

**ServSafe®**

Indiana Restaurant and Hospitality Association  
200 South Meridian Street, Suite 350  
Indianapolis, IN 46225  
Debbie Scott, (Indiana contact person)

PH: (317) 673-4211

or (800) 678-1957

FAX: (317) 673-4210

**Internet:** [www.indianarestaurants.org](http://www.indianarestaurants.org)

**Certification lasts for 5 years**

**Indiana Licensed Beverage Association**

Food Handling Certification  
47 South Pennsylvania Street, Suite 702  
Indianapolis, IN 46204

PH: (317) 634-4384

PH: (800) 843-5288

Email: [kblakeley@indianalba.com](mailto:kblakeley@indianalba.com)

**Internet:** [www.indianalba.com](http://www.indianalba.com)

Contact: Kimberly Blakely

Using the National Registry exam

**Purdue University**

Department of Food Science  
Food Science Building  
745 Agriculture Mall Dr.  
West Lafayette, IN 47907-2009

PH: (765) 496-3827

**Internet:**

[www.foodsci.purdue.edu/outreach/retailfoodsafety/](http://www.foodsci.purdue.edu/outreach/retailfoodsafety/)

Contact: Ann Guentert

Using the National Registry exam

**Second Helpings.....** (continued from page 1)

Second Helpings' certified instructors employ multi-media tools including slides, videos, powerpoint and interactive games to reinforce the classes. They use the ServSafe® Essentials textbook containing the industry's most current sanitation information. The textbooks are available in English or Spanish. The exam can be taken in English, Spanish, Korean, Mandarin Chinese, Italian, Vietnamese, Puerto Rican and large print English.

**About ServSafe®**

ServSafe® is a nationally recognized program developed by the food service industry and dedicated to helping prevent potential food borne illnesses. ServSafe® is the most universally recognized and accepted course by state, county, and municipal health authorities that require sanitation training of food service managers.

The ServSafe® Exam is one of only three exams that meet the new Indiana Certification requirements. ServSafe® focuses on the Hazard Analysis Critical Control Point (HACCP) systems of food safety. HACCP traces the flow of food through a food service operation, concentrating on those critical areas where contamination is most likely to occur.

**Second Helpings will offer the ServSafe® class at their center at 1121 Southeastern Ave., Indianapolis, on the following dates:**

Saturday, October 23, 8:00 a.m. – 5:00 p.m.,  
Exam 5:15 p.m.

Monday, November 8, 8:00 a.m. – 5:00 p.m.,  
Exam 5:15 p.m.

Saturday, December 11, 8:00 a.m. – 5:00 p.m.,  
Exam 5:15 p.m.

Monday, December 20, 8:00 a.m. – 5:00 p.m.,  
Exam 5:15 p.m.

Check-in starts thirty minutes before class.

Pre-registration and payment one week in advance is requested. A \$20 late fee will be assessed on walk-in registrations.

**Cost:**

\$75 per person for instruction, book and exam materials OR

\$30 per person for exam proctoring only

To Register call (317) 632-2664 or e-mail [staff@secondhelpings.org](mailto:staff@secondhelpings.org)

## Eating Out? Don't Be Afraid to Ask What's in the Sauce!



by Ellen Chow, M.S., Dietetic Intern, VA San Diego Healthcare System

Every year, Americans spend billions of dollars eating out. While we paid for the service, the convenience, and the joy of trying new foods, we were also likely to have paid for some extra calories we didn't need.

We eat out for many reasons. Sometimes it is a quick bite on the way to somewhere, sometimes it is a take out purchase because we are too tired to cook dinner, and sometimes it is a much anticipated evening with friends and family. However, with ever increasing portion sizes and commercial recipes that were created for our taste buds rather than long-term health, it can be challenging—but not impossible, to fend off those extra calories.

Don't be afraid to ask what's in the sauce. Cream base sauces are delicious but usually higher in fat. Try broth based or tomato sauces for a lighter taste. Ask if the item comes in half or lunch portion. Some restaurants have smaller portions available when asked.

Eat slowly. It takes 15-20 minutes for our brains to acknowledge an eating episode and to activate the feedback cycle for the signaling of fullness. Eating too fast may result in overeating, and in general, is unhealthy for the digestive system. Stop when you feel full. Today, the old saying of "clean your plate" may not be suitable for all instances. Remember that your health is more important, and that you can bring home the leftovers for the next day!

Even if you do not make multiple changes at once, being aware of the issue is the first step toward success for you and people around you. Also, changes in taste and behavior can take up to 3-6 months before becoming new routines. Bon appétit!

Note: Ellen Chow graduated from Purdue University in August, 2004.

## Check Out These Tips from the American Dietetic Association

Once you read these tips from the American Dietetic Association and get the hang of it, it's easy (and doesn't cost any more money) to cut back on the "not so healthy" way of eating when dining out!

- Only choose fried foods occasionally — go for grilled, broiled, or steamed foods more often.
- Order the regular or kid-size portion. Mega-sized servings are probably more than you need.
- A baked potato offers more fiber and fewer calories than fries, just go easy on the sour cream and butter. Top your potato with broccoli, a small amount of cheese or salsa.
- At the deli or sub shop, choose lean beef, ham, turkey, or chicken on whole grain bread.
- For a lighter meal, order an appetizer for your main course.
- Go easy on condiments, special sauces and dressings on sandwiches and salads. Ask for mustard, catsup, salsa or low-fat spreads and dressings.



- Instead of French fries or onion rings, substitute with
  - corn on the cob,
  - green beans,
  - baked beans,
  - a side salad,
  - or rice.

- At the salad bar, pile on the dark leafy greens, carrots, peppers and other fresh vegetables. Lighten up on mayonnaise-based salads and high fat toppings.
- Order salad with dressing on the side so you can control how much is added.
- Pass up all-you-can-eat specials, buffets and unlimited salad bars if you tend to eat too much.
- If you do choose the buffet, fill up on salad and vegetables first. Take no more than two trips and use the small plate which holds less food.
- For dessert, choose fresh fruit or a container of fruit chunks if available. Or, share dessert with a friend.

Submitted by Kim Jacobs, a registered dietitian for the USDA's Food and Nutrition Service. Please send questions to: [kimberly.jacobs@fns.usda.gov](mailto:kimberly.jacobs@fns.usda.gov)



Pacific Northwest Coast Native American Artist interpretation of salmon.

# Canned Salmon is here !

*This year's Fall TEFAP distribution will include canned salmon. A very healthy addition to the diet, salmon is a good source of omega-3-fatty acids which may be beneficial for heart health. The bones in the canned salmon are safe to consume since they are soft and can be easily mixed in a recipe. When the bones are left in, the salmon is high in calcium which is good for bone health.*

*Salmon is also a good source of vitamin D. See the "Nutrition Facts" label below to note salmon's nutrient power.*

*Be sure to enjoy the tasty and healthy salmon recipes included here.*



Nutrient dense foods contain more vitamins and minerals per calorie than other foods. Salmon is one of these, packing many nutrients for every bite!

**Less fat than most protein sources!!**

**Plenty of protein!**

**With bones, high in calcium!**

<b>Salmon Nutrition Facts</b>		
15 1/2 ounce can		
servings per container 4.5		
Serving Size	100 grams	Calories from fat 39
Amount Per Serving		% of Daily Value*
<b>Calories</b>	139	
<b>Total Fat</b>	4g	7%
Saturated Fat	1g	5%
Polyunsaturated Fat	1g	*
Monounsaturated Fat	2g	*
<b>Cholesterol</b>	55 mg	18%
<b>Sodium</b>	58 g	2%
<b>Protein</b>	23 g	*
<b>Total Carbohydrate</b>	0 g	0%
Dietary Fiber	0 g	0%
Sugars		*
Vitamin A	8%	Vitamin C 2%
Calcium	22%	Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.



## Basic Best Salmon Loaf

### Ingredients

- 1 can (15 1/2 oz.) salmon
- 2 cups soft bread crumbs
- 1/3 cup finely minced onions
- 1/4 cup milk
- 2 eggs
- 2 tablespoons chopped parsley (optional)
- 1 tablespoon lemon juice
- 1/4 teaspoon dill weed (optional)
- dash black pepper

### Directions

1. Preheat oven to 350° F.
2. Drain and flake salmon, reserving 2 tablespoons liquid.
3. Combine flaked salmon and reserved liquid with remaining ingredients
4. Place in well-greased 8 1/2 x 4 1/2 x 2 1/2 inch loaf pan or shape into loaf on greased baking pan.
5. Bake at 350° F for 45 minutes.
6. Remove from oven, cool for ten minutes before serving.

Yield: 6 servings

source: [www.welovefish.com](http://www.welovefish.com)

## Salmon Salad

### Ingredients

- 2 stalks of celery
- 1/2 onion
- 1 can (15 1/2 oz.) salmon
- 1 tablespoon fresh lemon juice
- 1 teaspoon dillweed (optional)
- 1 egg, hard cooked, chopped
- 1/2 cup mayonnaise
- salt
- pepper

### Directions

1. Grate celery and onions.
2. Mix salmon, onions and celery in medium bowl.
3. Add lemon juice, dill weed, egg, mayo, salt and pepper to taste.
4. Mix well all ingredients.
5. Chill mixture thoroughly.
6. Serve on crackers, bread or toast.

Yield: 4 - 6 servings

source: [www.yummy.com](http://www.yummy.com)

## Salmon Patties



### Ingredients

- 1/4 cup reconstituted non-fat dry milk
- 1 can (15 1/2 oz.) salmon
- 1/2 cup breadcrumbs
- 1 egg
- dash of salt and pepper (optional)
- non-stick spray

### Directions

1. Reconstitute non-fat dry milk by mixing 1/4 cup water with 4 1/2 teaspoons non-fat dry milk powder in a small bowl.
2. Add salmon (with bones), breadcrumbs, egg, salt and pepper to the milk mixture.
3. Mix well with spoon.
4. Divide mixture in half.
5. Make each half into 5 salmon patties.
6. Spray frying pan with non-stick spray.
7. Cook patties on medium heat, flipping once, until the patties are crisp and brown.

Yield: 10 patties

source: USDA



## September Sees Designing for Choice Video Distributed throughout Indiana!

We are releasing a new short video, in both VHS and DVD formats, promoting the “Client Choice” approach to distributing goods at food pantries. Inspired by Marsha McGraw’s mandate for client choice practices and previous videos by the Safe Food for the Hungry Program, (Ken McKan the Food Safety Man!) we are pleased to promote best practices in a creative and entertaining manner.

The Recipient Agencies in Indiana will receive our new Designing for Choice video free of charge! Individual food assistance organizations may arrange to borrow the video from their Recipient Agencies or purchase one from our Agricultural Communications Department.

Purdue University student actors collaborated with Lafayette Civic Theatre professionals to enact Isobel Miller’s engaging story about a design team that helps food pantry personnel make improvements toward a greater level of client choice.

Carol Boushey and Martha Gipson produced the video with partial funding from Family and Social Services Administration, Division of Family and Children, Housing and Community Services Section, Community Food and Nutrition Program. Filming and directing was provided by Robert M. Hart from the Office of Information Technology at Purdue University.

**TO ORDER**  
**Call 1-888-EXT-INFO**  
**Designing for Choice Video,**  
**(shipping included)**  
**VHS \$15.00**  
**DVD \$10.00**

A teleconference is planned for 2005 to give everyone an opportunity to learn more about implementing client choice practices.

### Indiana’s Directory of Food Assistance Organizations is at: [www.cfs.purdue.edu/safefood](http://www.cfs.purdue.edu/safefood)



#### Update directly at our website now!

**It’s still not too late to verify your organization’s information with us! We are ALWAYS updating our database of Indiana’s food assistance organizations. Thanks to all of you who are keeping us up-to-date! Take your pick of how to update:**

- 1. Go to the electronic update form at our website, here’s the link:**  
<http://www.cfs.purdue.edu/safefood/database/changeOrgInfo.html>  
**then follow the instructions, click on “submit” and you’re done!**
- 2. Call us: (765) 494-8186**
- 3. E-mail us: [boushey@purdue.edu](mailto:boushey@purdue.edu)**
- 4. Fax us: (765) 494-0906**
- 5. Send your update information in the U.S. mail.**

Indiana’s paper edition of the March 2002 Directory of Food Assistance Organizations is still available, free of charge, send requests to:

Dr. Carol Boushey  
 Dept. of Foods and Nutrition  
 700 West State Street  
 Purdue University  
 West Lafayette, IN 47907-2059

# NO Re-Packaging is Permitted!

by Angela Myracle, Graduate Student, Department of Foods and Nutrition, Purdue University

Re-packaging of food is not permitted for a variety of very good reasons, ranging from misinformation about nutrient content, to serious sanitation and preservation concerns. Please carefully read the following explanations and learn more about WHY.

**Food code laws are presented at this Indiana State Department of Health website:**  
[http://www.in.gov/isdh/regsvcs/foodprot/food\\_laws.htm](http://www.in.gov/isdh/regsvcs/foodprot/food_laws.htm)

## **1) Proper labels**

### **A) Identification, Manufacturer**

Federal laws are in place to make sure all packaged food items are properly labeled so the product user has access to important information such as manufacturer, expiration dates and product identification.

### **B) Nutrient contents**

Manufacturers are required by law to provide nutrition labels on all foodstuffs. The information on labels is important and should be available for all users of a product. These labels contain information such as calories per serving, fat, cholesterol, vitamin and mineral content. This information is important for individuals trying to maintain a healthy diet or meet dietary needs.

## **2) Sanitary/Health reasons**

Food repackaging is an industry in itself. Facilities that repackage food must have properly equipped and maintained clean rooms. The industry is governed by

specific codes and facilities must be inspected and approved. These regulations are in place to protect the users of products from being exposed to food borne pathogens and other bacterial, viral or fungal organisms that are transmitted by humans. They also provide an atmosphere where other potentially dangerous chemicals or pathogens will not be introduced to the food. In addition, the clean rooms help protect the food during the repackaging process from dirt or any other contaminants. Listed below are some pathogens that can be introduced during the repackaging process which cause food borne illness: Samonella, Shigella, E. coli, Clostridium botulinum (Botulism), Hepatitis A virus, and many more.

## **3) Food integrity reasons**

When original packages are opened, the contents are exposed to air. Exposure promotes oxidation and other processes which degrade the food item. If items are repackaged, the exposure to air will cause products to become stale more rapidly or to spoil faster. In the case of meats and other perishable items, repackaging has a very high potential to introduce harmful bacteria and molds to the items that are repackaged. Contaminated items can lead to foodborne illness after consumed by the recipient.

## **4) Recipient offense**

Individuals receiving the food may not understand that it has been repackaged. They may think the product was used by someone else and is old or stale. This may result in the item being taken but discarded due to mistrust of the item. Individuals may also find it demeaning to receive a repackaged item.

# NO Re-Packaging is Permitted!

## Safe Food For the Hungry

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Fax: (765) 494-0906

Non-profit Organization  
U.S. Postage  
PAID  
Purdue University

*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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A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

Fall 2004

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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Phone: (765) 494-8186 Fax: (765) 496-0906  
E-mail: [gipsonm@cfs.purdue.edu](mailto:gipsonm@cfs.purdue.edu)

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**1-888-EXT-INFO**

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