

## Safe Food For the Hungry

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# Safe Food for the Hungry

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

Summer 2004

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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Summer 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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**1-888-EXT-INFO**

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

## Plant A Row for the Hungry!

The Garden Writers Association sponsors Plant A Row for the Hungry (PAR), a communications campaign encouraging garden communities to donate fresh vegetables, fruit, herbs and flowers to food banks and/or soup kitchens in need.

PAR Region 3 (Indiana, Michigan and Ohio) coordinator, Sheri Richerson, is eager to help this project succeed. Toting 10 - 15 pounds of seeds to each, Sheri has recruited 17 correctional facilities in the state to participate in PAR this year! Next she will be busy organizing the trucking plans for produce distributions to food pantries! In addition, she has pledged to help folks in her region learn basic gardening skills. For more information, or to contribute to a participating food pantry, contact Sheri Richerson at (765) 674-6167, or visit her website at [exoticgardening.com](http://exoticgardening.com).

### Bloomington's Story of Collaboration

Bloomington has had huge success in promoting the PAR program through a partnership that includes Hoosier Hills Food Bank, Bloomingfoods (health food store), Worm's Way (garden supply center), Hilltop Garden and Nature Center, Bloomington Parks and Recreation, and Mother Hubbard's Cupboard Food Pantry.

Working together, these groups help insure that the necessary tools and seeds reach the available gardeners, and that once grown, the produce reaches the hungry people. Having collected 7,626 pounds of fresh produce last year, the group set a goal of 10,000 pounds for this, their third year of Plant A Row activities!

Hoosier Hills Food Bank claims that even in the smallest spaces, planting an additional row of vegetables for giving away, can make a genuine contribution to the community. Whether light vegetables like snap beans, or dense vegetables like



Master Gardeners in Tippecanoe County Planting A Row for the hungry.

carrots are grown, the produce will not go to waste once donated to one of the four chosen locations in Bloomington.

Dan Taylor at Hoosier Hills Food Bank spoke about the Plant A Row for the Hungry project in Bloomington. "We rescue food from groceries every day for our pantries, but this is perfect, fresh food."

With an increasing need for food assistance from agencies helping to feed the unemployed, the working poor, the elderly, and the highest risk group, children, Hoosier Hills Food Bank has responded with an abundant harvest. This is one program that puts the power of helping right into the hands of the willing; the results are delicious besides nutritious and filling. Call (812)349-3737 or e-mail Libby Yarnelle for more information at [mhc@boomington.in.us](mailto:mhc@boomington.in.us). *Continued on page 6, Capital City.*

### On the Menu

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## Chris Clark Works Wonders in Daviess County

Chris Clark is a Family Nutrition Program Assistant in Daviess County who is making a difference in the lives of Hoosiers. For the past six years Chris has worked to help curb the problems of poverty through her careful approach to teaching limited income individuals about safe food practices and economical, nutritious recipes. Chris helps people see how to stretch their food dollars or food stamps, ways to use leftovers, while also watching out for teachable moments regarding safe food handling practices.

Chris often works with clients from Feed My Sheep Food Pantry, a client choice pantry located in the town of Washington. When this pantry does their monthly distribution to clients, they also serve a meal to everyone. Chris helps introduce people to different foods at the group meals. Through her delicious nutritious examples, she encourages individuals to try new foods and new recipes.

When clients are given the opportunity to choose what foods they would like to take home from the food pantry, they can more readily apply the lessons learned from Chris about meal planning and ways to use different foods. This teamwork amongst the food pantry personnel and the Family Nutrition Program (FNP) assistants really contributes to improving the quality of life for those in need in Daviess County.



Chris Clark, Family Nutrition Program Assistant, Daviess County

### Building Bridges

Chris was working with a Latino woman who was just learning English and Chris doesn't speak Spanish. Do you think that slowed Chris down? No, they used sign language, a picture dictionary and managed to make pizza together.

There was no flour in the home, so they used corn meal when rolling out the dough. While Chris was in the home, she noticed that eggs had been kept on top of the refrigerator instead of inside, and she took the time to explain the importance of keeping eggs refrigerated at 40°F.

## Digging up New Ways to Beat Hunger

by Martha Jane Gipson



This year in Tippecanoe County, the Master Gardeners and Purdue Cooperative Extension personnel decided to develop a community garden. For over 5 years they have cultivated a demonstration garden from which sizable yields of vegetables have been harvested. Growing vegetables with the Plant A Row (PAR) project, the Master Gardeners have donated fresh produce to the St. John's and Lafayette Urban Ministries Food Pantries in Lafayette. Last year they donated a total of 2100 pounds of produce! This year they plan to help others in the community learn how to grow vegetables with the use of a new community garden.

In May, I visited the new community garden space by the Tippecanoe County Extension building south of Lafayette on US Highway 52. On that bright June morning, Jeff Phillips, Extension Educator, along with Master Gardeners Don Nead, Nancy Werner, Walt Stirm and Kim Baunach, were working to transplant tomato plants and other seedlings into the carefully prepared soil in the demonstration garden.

The Master Gardeners and the Extension staff have prepared 12 plots in the new community garden for cultivation by limited resource families. Volunteers from the Master Gardeners group will provide seeds and seedlings and help the new community gardeners learn basic skills in gardening. Tools are also available for any of the

Devoted to helping others learn about gardening, Don Nead, (far left to near right) Bob Ferrier, Nancy Werner and Kim Baunach prepare the master gardener's demonstration garden.

community gardeners to use.

The garden location is right on the city bus route, near the Tippecanoe Mall on the south side of Lafayette. The goal is to put vegetable gardening within reach for limited resource individuals and families. Outreach efforts are underway to locate individuals who would like to grow a garden in the new community plots. Please contact Jeffrey Phillips 474-0793 or Don Nead at 463-6902 for more information.



Walt Stirm and Jeff Phillips clearing out a Mulberry tree to prepare for the new community garden project in Tippecanoe County.



## Coming Attraction! Designing for Choice Video coming to a theatre near you!

With inspiration from the "Ken McKan the Food Safety Man" and previous videos developed by the Safe Food for the Hungry Program, we are releasing a new short video promoting the "Client Choice" approach to distributing goods at food pantries.

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. Copies of the video will be distributed throughout Indiana and a teleconference is planned for 2005 to give everyone an opportunity to learn more about implementing client choice practices.

(Continued from page 1)

### Capital City Garden Project Continues to Grow

Purdue Cooperative Extension in Marion County is the home of the Capital City Garden Project, one of 23 Urban Garden Programs supported by the U.S. Department of Agriculture. Capital City Garden Project (CCGP) joined the Plant A Row program in 1999 with space at three gardens in Marion County. Each year, they continue to add gardens, encourage more food donations, and expand the list of food pantries receiving the fresh garden produce. This year there are 87 community gardens in Marion County!

## 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: [gipsonm@cfs.purdue.edu](mailto:gipsonm@cfs.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:

Martha Jane Gipson  
Dept. of Foods and Nutrition  
700 West State Street  
Purdue University  
West Lafayette, IN 47907-2059

## Family Nutrition Assistant Making a Difference!



## Ready, set, go! Everybody needs more physical activity

### Chris Clark's dedication to education pays off for families in Daviess County

*Leah is a food stamp recipient, married and the mother of four children. Serving sizes, food safety, food guide pyramid, reading labels, and stretching food dollars were some of the FNP lessons presented to Leah.*

*Leah had always made a grocery list but never planned meals. Now she is planning her meals. Her husband really enjoys Leah being in the Family Nutrition Program and the recipes that are demonstrated. Now she makes homemade pizza and knows more ways to prepare a chicken. Her family especially enjoys her chicken casserole.*

*The entire family has benefited from the FNP program. The children are on the WIC Program, but they do not like the fruit juice provided. Leah had WIC juice that was not being used. Making juice jellies and popsicles with jell-o was demonstrated. This was something free and nutritious the kids enjoyed and would eat, particularly the popsicles! Now Leah's children use the juice from WIC.*

*Before FNP, the family bird was in the kitchen and bird droppings were a problem on the floor where kids were walking barefooted. On one of the first visits, Leah's pre-school daughter was eating her lunch on the kitchen floor. Food safety, hand washing and keeping the kitchen sanitary were discussed. The dangers the bird droppings could cause to everyone in the family, notably the children was emphasized. Now the bird is in another area of the house.*

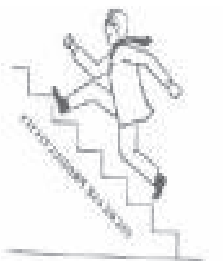
by Ellen Chow, Graduate Student, Department of Foods and Nutrition, Purdue University

In general, body weight is the balance between caloric intake and energy expenditure. Healthcare and medical professionals strongly encourage a combination of dietary changes and physical activities instead of food restrictions or medications to manage body weight. The use of non-prescription weight loss products and pharmaceuticals is potentially harmful, and a physician should be informed when anyone uses them.

Daily physical activity is good for the maintenance of body weight, cardiovascular health, and muscle strength. On days that time for a "structured workout" cannot be spared, remember that little activities do add up. Don't be confused that some guidelines say 30 minutes of exercise per day is needed and others say 60 minutes, just keep moving!

Use the buttons on the television and stereo set instead of the remote control, keep the cordless telephone receiver on the base and walk to answer a call, park your car further from work or the shopping mall entrances, wash the car manually instead of going to a car wash, use manual kitchen appliances such as a can opener, carving knife, and hand-held mixer instead of electrical tools.

Each of these tasks may take a few minutes longer compared to the convenience we are accustomed to. But it is definitely worthwhile for better health.



# Wonderful Walnuts!



*Good news for nut lovers - the fat in nuts may have health benefits! The monounsaturated and polyunsaturated fats in walnuts may control cholesterol levels, particularly when substituted for saturated fat in the diet. Research reveals walnuts are unique as they contain omega 3 fatty acids, a type of fatty acid associated with a reduced risk for*

*heart attacks. Last year the U.S. Food and Drug Administration released the following statement:*

*“Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.”*

*As if that weren't enough to make you want to eat walnuts, they are also heralded as mighty anti-oxidants, nutritive agents believed to reduce risk for some cancers. An ounce of walnuts every day just might keep the doctor away!*

*Walnuts are used in many different ways in various recipes. Whether used in a snack, quick bread, cookies, salad or main dish, walnuts add health and flavor to your diet.*



## Date-Nut Bread

### Ingredients

1 1/2 cups water  
1 package dates, chopped (8 ounces)  
2 1/2 cups flour  
1/2 cup brown sugar, firmly packed  
1/2 cup granulated sugar  
3 1/2 teaspoons baking powder  
1 teaspoon salt  
3 tablespoons vegetable oil  
1 egg  
1 tablespoon grated orange peel, heaping  
1 cup chopped nuts

Yield: 12 servings

source: <http://southernfood.about>

This bread can be stored in the refrigerator for up to a week or frozen for up to 3 months.

### Directions

1. Preheat oven to 350° F.
2. Boil water; pour over dates in a small bowl. Let cool.
3. In a large bowl, mix remaining ingredients together; stir in cooled date mixture.
4. Grease the bottom of a 9 x 5 x 3-inch loaf pan.
5. Pour mixture into pan; bake in the oven for 55 to 65 minutes, or until a wooden toothpick inserted into the center comes out clean. Remove from oven.
6. Cool for 10 minutes, then loosen the sides and remove to a rack to cool completely before slicing.

## Cranberry Quick Bread

### Ingredients

1 cup butter  
1 cup sugar  
2 eggs  
1 teaspoon vanilla  
2 cups flour  
1 teaspoon baking soda  
1/2 teaspoon salt  
1/3 cup orange juice  
1 cup chopped apples  
1 cup canned whole berry cranberry sauce  
1/3 cup chopped walnuts

### Directions

1. In a large bowl, cream together butter and sugar until light and fluffy.
2. Beat in eggs and vanilla.
3. In another bowl, combine flour, baking soda, and salt.
4. Add flour mixture alternately with orange juice to the egg mixture, beating after each addition until blended.
5. Fold in apples, cranberry sauce, and walnuts.
6. Turn into greased and floured 9 x 5-inch loaf pan.
7. Bake at 350° F. for about 1 hour or until done.

*1st Traveler's Choice Internet Cookbook  
([www.virtualcities.com](http://www.virtualcities.com))*

Yield: 8 servings

### Storing Walnuts

Keep shelled walnuts in their original package until ready to use. Store in a cupboard or other cool, dry place. Once the package is opened, wrap the nuts well and store them in the refrigerator or freezer. The nuts will stay fresh for 6 months in the refrigerator and for a year in the freezer. If shelled walnuts seem a little soft, spread them out on a baking sheet and heat them at 150° F. for 15 minutes.



## Handling fresh Produce

Considering all the produce rolling into food pantries from the Plant A Row for the Hungry project, a review of safe practices for handling produce is in order!

### Storing

- ✓ Promptly store produce that needs refrigeration
- ✓ Fresh, whole produce such as bananas and potatoes don't need refrigeration
- ✓ Refrigerate fresh produce within two hours of peeling or cutting
- ✓ Throw away leftover cut produce that is left at room temperature for more than two hours
- ✓ Discard cooked vegetables after 3 to 4 days

### Preparing

- ✓ Wash all fresh fruits and vegetables with cool tap water immediately before eating
- ✓ Scrub the outside of firm produce such as melons and cucumbers with a clean produce brush
- ✓ Remove and discard outer leaves of lettuce
- ✓ Use two separate cutting boards for fresh produce and raw meats to avoid cross-contamination using one for raw meats and the other for fruits and vegetables
- ✓ Color-coded cutting boards can help you remember which is which
- ✓ Cook raw sprouts (alfalfa, clover, etc.) to significantly reduce the risk of illness

For more information visit

<http://www.homefoodsafety.org>