



Safe Food for the Hungry

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

Spring 2004

Hoosier Rx - What's in it for you?

Hoosier Rx is a prescription insurance coverage plan for senior citizens age 65 years and over. Started in 2000, this program seeks to fill in the gaps left in Medicare coverage. While there are currently 17,000 Hoosiers enrolled, there is room for another 13,000!

Previously, Hoosier Rx reimbursed participants after they paid for prescriptions at the store. Now claims are paid 50% by Hoosier Rx right at the pharmacy! The enrollee must then pay the other 50%, however, the prices are at Medicaid levels –19% off the regular price. The eligibility guidelines indicate that participants must be at 135% or less of the poverty level.

Some seniors reluctant to participate lost their hesitation when they understood Indiana's tobacco settlement money funded the program, not tax dollars.

Applications for Hoosier Rx are available at food pantries around the state. Pharmacists in Indiana have been the most helpful group to help seniors get enrolled in Hoosier Rx.

However, you can help too by placing a brochure into a food bag of a homebound senior, by posting a sign, or by distributing flyers to seniors who visit your organization. For more information on this underutilized program, call toll free 1-866-267-4679, or, on the web go to www.IN.gov/HoosierRx.



Monitors have Thermometers!



Do you need to double check your food safety practices?

As food safety monitors tour Indiana's food assistance organizations this spring, everyone will be reminded: a food thermometer is essential for all operations that handle food.

To use a food thermometer:

1. Make sure the thermometer and case are clean (wash, rinse, sanitize, and air dry thermometer before and after each use).
2. When cooking, take the temperature in the center of the food. When receiving perishable foods, check the temperature at the edge of the food.
3. Insert the sensor area (bottom 2 inches) of the thermometer into the food.
4. Wait for the needle to stop moving. Take the temperature reading after the needle has been still for 15 seconds.
5. Recalibrate or adjust thermometer accuracy periodically.

Please see page 3 of this issue for tips on how to calibrate a food thermometer.

On the Menu

What's Happening.....	2
Food Safety.....	3
In the Kitchen.....	4,5
Nutrition Information.....	6
Tips You Can Use.....	7

SUMMER FOOD SERVICE PROGRAM makes a difference in Clinton County

For the past two summers, the Boys and Girls Club of Clinton County in Frankfort has operated the Summer Food Service Program for area children. "We joined this USDA program because of the huge population of school children who receive free and reduced price meals," said Susie Michael, executive director of the Boys and Girls Club.

The Boys and Girls Club draws from two different school districts. (In one district 95% of the children qualify for free and reduced price meals; the other district qualifies 58% of their children.) With the large number of children coming from these districts to the meals sites in the summer, Michael arranged for meals to be served at two locations: the Frankfort Neighborhood Center and the Boys and Girls Club.

Last summer their two meal sites combined served hot lunches to about 115 children each day. At the larger site, where 85 -100 children attended on any given day, the children ate in shifts. "It seemed overwhelming at first, but eventually we got the hang of it," stated Michael. "The advice and assistance of the Indiana Department of Education staff made operation of the feeding program a little less intimidating."

Equally helpful, she says, was the decision to purchase prepared meals rather than plan and prepare their own. The Club purchased catered meals from Midland Meals, a nonprofit organization in Lafayette that also runs a meal delivery program. The Club staff heated, portioned and served the meals to the children. "It was so easy," says Michael. "Having the meals vended really took a lot off our shoulders and left time for planning other activities."

At the Club children enjoyed outdoor activities, arts and crafts, computer labs, and visits from local sports celebrities, including the Indiana Pacers. "We had a basketball mini-camp, as well as dance classes and aerobics. The kids loved it!" says Michael.



Children enjoy Summer Food Service Program lunches at the Boys and Girls Club in Frankfort.



Success is all about Collaboration

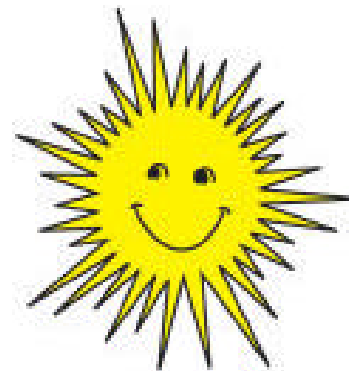
Midland Meals on Concord Road in Lafayette, was the commercial kitchen used by a number of Summer Food Service Programs (SFSP) last summer. I contacted Midland Meals Director, Elaine Brovont, to find out more. The collaboration developed as a result of a meeting in Clinton County convening all the social service agencies who then asked “what does the community most need from us?”

Once it became known that 95% of the children in one of the school districts qualified for free or reduced price meals, participation in the summer food service program was deemed a priority.

“Midland Meals had provided SFSP lunches for Lafayette area children, and we were already delivering lunches to the senior center in Frankfort,” Brovont said. “Actually, it really was easy! We provided a good variety of foods for both age groups as we coordinated the meals for the seniors and the children.”

There was joy in Brovont’s voice as she described their organization and the many counties they serve. We hope you’ll join the effort and help this summer too.

The Summer Food Service Program is still underutilized!



Help hungry children in your community eat lunch this summer. Contact Julie Sutton, SFSP Coordinator Indiana Department of Education (317) 232-0850, or, on the web: <http://ideanet.doe.state.in.us/food/summer/welcome.html>

Links to the Summer Food Service Program information on the USDA Food and Nutrition Service Website:

For frequently asked questions:

<http://www.fns.usda.gov/cnd/summer/about/faq.html>

Sponsoring questions:

<http://www.fns.usda.gov/cnd/summer/sponsors/index.html>

Continued from page 1

To calibrate a food thermometer

Recalibrate or adjust the accuracy of your thermometer periodically, after an extreme temperature change (such as going from hot food to frozen food), and if the thermometer is dropped. Use the ice point method for cold foods or the boiling point method for hot foods.

Ice Point Method

1. Insert the sensing area of the thermometer into a container with half water and half ice.
2. Wait until the indicator stops moving.
3. ~~Adjust the calibration nut so that the indicator reads 32° (0° C).~~

Boiling Point Method

1. Insert the sensing area into boiling water.
2. Wait until the indicator stops moving.
3. Adjust the calibration nut so that the indicator reads 212° F (100° C).

Note: The boiling point differs with altitude. The boiling point lowers about 1° F (0.6° C) for each 550 feet above sea level.

Find out more at our Safe Food for the Hungry Website:

<http://www.cfs.purdue.edu/safefood/foodsafety/StorageTemperaturetips.html>



Dried figs Rolling To a Food Bank Near You

Dried figs in one-pound packages are food bank bound this month. Figs are a ready-to-eat snack, an excellent source of dietary fiber, and low in fat and sodium. One quarter cup of dried, uncooked figs provides one serving from the fruit group of the Food Guide Pyramid.

Enjoy figs by adding them to a mix of nuts and raisins. Chopped figs can be sprinkled on top of dry or cooked cereals. Add sliced or chopped figs to muffins, breads, cookies, and other desserts. Toss dried, chopped figs in salads.

Lowfat Chocolate Fig Cake



Ingredients

1 cup chopped dried figs
 1 cup boiling water
 1 teaspoon baking soda
 1/4 cup oil
 3/4 cup sugar
 1/2 cup eggs (2 eggs)
 1/2 cup applesauce
 2 teaspoons vanilla
 3 tablespoons cocoa
 1 1/4 cups + 2 tablespoons
 flour

Yield: 12 servings

Directions

1. Grease and flour an 8"x12" pan. Preheat oven to 350° F.
2. Place figs in a bowl; pour boiling water over the top and sprinkle with baking soda. Mix and allow to stand until cool.
3. Combine oil and sugar. Blend in eggs, applesauce, vanilla, and cocoa.
4. Gradually stir flour into cooled mixture.
5. Spread batter in pan.
6. Bake for 50 minutes until a toothpick inserted in the center comes out clean.
7. Cut 3 x 4.

Recipe provided by "Food Management" magazine



Turkey breasts from the USDA are on the way...

Follow Food Safety rules carefully with turkey

Yield: Each turkey breast will weigh 4 – 10 pounds. One pound of raw turkey yields approximately 10 ounces of cooked turkey.

Storage: Keep turkey breast frozen at 0° F or below until ready to use. Do not hold thawed turkey breasts for more than 24 hours before cooking. Cooked turkey breasts should be refrigerated and used within 3 days.

Preparation: Handle turkey breasts properly to avoid spoilage or foodborne illness. Breasts may be cooked frozen or thawed. To thaw, keep turkey breasts in original bag or casing and place on a tray in the refrigerator for 24 hours. DO NOT thaw at room temperature or in warm water. Do NOT refreeze after the turkey has been thawed.

Cooking: Remove wrapping, season as desired. Place turkey breast, thawed or unthawed, in a shallow roasting pan. Bake at 325° until meat thermometer, inserted in the center of the breast, registers an internal temperature of 165°. Thawed breasts require approximately 30 minutes cooking time per pound; frozen breasts will require 45 minutes cooking time per pound.

Crock-pot Turkey

Ingredients

1 cup chicken broth
Non-stick cooking spray
1 small turkey breast; frozen
Salt and pepper to taste
Carrots; chunked (optional)
Potatoes; chunked (optional)
Onions; chunked (optional)

Yield: 4 servings



Directions

1. Place breast in pot, pour broth over it, add salt and pepper.
2. Cook on LOW for 8 – 10 hours.

NOTE: Vegetables may be placed around and under the turkey if desired.

Recipe provided by YumYum.com

You Can Help Prevent Obesity

by Ellen Chow, graduate student, Department of Foods and Nutrition, Purdue University

When we think of overweight and obesity, we think of the over-abundance of food. However, obesity is increasingly common in food-insecure and low-income individuals. This may be due to the lack of resources for healthy diet planning, overeating when food is available, and the low cost of calorie-dense foods.

Low-income and food-insecure individuals and families often lack the storage and cooking space required for healthy meal planning. They may be sharing storage and kitchen equipment with roommates, neighbors or relatives. They may also lack the resources and transportation to purchase fresh fruits and vegetables regularly, which are rich in nutrients and low in calories. Moreover, their work schedules can also affect meal planning and limit the type of food convenient for consumption at the workplace.

Overeating can sometimes happen when a person is very hungry, or when the next meal is not guaranteed. This is because eating involves psychological factors as much as it is a physiological need. When a person skips meals or lacks satiety for a prolonged period of time, the urge to indulge grows strong.

For persons who live in lonely or stressful environments, eating may also become a desirable distraction and result in overeating. The availability of low-cost, calorie-dense food has been steadily increasing in recent years.

Hundreds of calories with few vitamins and minerals can be purchased for just a few dollars. A day's worth of energy is often packed into a single meal at many fast food restaurants. Such trends can contribute to the increasing prevalence of obesity, especially for those who are not aware of the problem.

As professionals and volunteers who have close contacts with individuals who need food assistance, you can help to raise awareness and encourage healthy meal patterns.

You may wish to provide simple recipes with low-cost ingredients, for example, like those found in *Recipes and Tips for Healthy, Thrifty Meals*, a cookbook published by the Center for Nutrition Policy and Promotion at the United States Department of Agriculture. You can access this cookbook at:

<http://www.usda.gov/cnpp/publications.html>

You may also be able to help clients to locate public transportation for grocery shopping or suggest they purchase fruits and vegetables not available at your organization. Although obesity is a national concern, you are in a unique position to reach out to individuals and families in your community.

Food-Insecure

Limited or uncertain availability of nutritionally adequate and safe foods

Overweight and Obesity

Results when energy intake exceeds energy expenditure. It can be measured by calculating the body mass index (BMI). When adults have a BMI over 25 they are considered overweight, and when the BMI is over 30, they are considered obese. To figure your Body Mass Index, divide your weight in kilograms by your height in meters squared. Or figure in pounds and inches when you visit the following website for more information:

<http://www.nhlbisupport.com/bmi/bmicalc.htm>

“Rural Hunger Assault Vehicle?!”



The Food Bank of Northern Indiana enjoys a new food delivery truck!

As Director of the Food Bank of Northern Indiana, Bill Carnegie is always up to some great new project. Thanks to Bill and his co-workers, more hungry people can access nutritious and fresh emergency food because it is brought to their neighborhood by this beautifully painted truck!

Bill explained, “This truck will be delivering in Starke, Newton, Jasper, Fulton and Pulaski counties. It is part of an independent initiative sponsored by our Food Bank to reach more people in need in rural areas. While we call it a Migrant Worker Food Pantry, its’ mission is far beyond that. We are actively fighting hunger wherever it exists in northern Indiana.”

Thank goodness for people like you Bill! Find out more about Northern Indiana Food Bank on the web at <http://www.feedindiana.org/index.html>



Indiana’s Directory of Food Assistance Organizations is at: www.cfs.purdue.edu/safefoodshungry.html

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.

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
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:

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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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