



# Safe Food for the Hungry

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

Winter 2004

## Children and Lead

### What you should know, what you can do, and why

Children across Indiana most at risk of lead poisoning walk through food pantry doors everyday. The United States Centers for Disease Control and Prevention has funded Indiana's Childhood Lead Poisoning Prevention Program requesting our help in identifying young children at risk of lead poisoning. Allen, St. Joseph, Marion and Lake counties are the initial focus counties for lead elimination. Indiana's goals towards the prevention of lead poisoning would be daunting but for the organization called Lead-Safe Indiana Task Force, part of a coalition of Hoosier advocates called Improving Kids' Environment (IKE).

Reports indicate that children under the age of six living in homes built prior to 1960 are vulnerable to lead poisoning due to the old lead paint in the homes, and in the surrounding soil. Since the late 1970's blood lead levels have decreased in the overall population, largely due to reductions in lead emissions from automobiles. However, the problem continues for children living in older, low-income, and urban homes.

Lead poisoning causes severe problems when it occurs in young children. Children under the age of 6 years have not yet developed the blood-brain barrier, or protective lining, around the brain prohibiting certain

chemicals like lead from crossing over into the brain. When young children are exposed to lead, irreversible damage may occur, adversely effecting cognitive and behavioral development. Problems may include hyperactivity and behavioral disorders. These conditions can cause achievement potential to decrease and disrupt healthy development.

You can help by alerting families to the need for blood level screenings. The early intervention program, First Steps, can provide the screening if the child is under 3 years of age. Other resources available to help families include the WIC program, county health departments, and Medicaid or Hoosier Healthwise; these programs provide blood lead level screenings for young children.

If the first screening comes back high, a second one is done. If the second one is high, the county health department is contacted and a home inspection is arranged. If the health department determines there is a risk of lead poisoning in the home, the landlord is notified and must agree to disclose this information when renting or selling the property. IKE and the Alliance for Healthy Homes help families at risk by offering guidance or legal support if the landlords are uncooperative about lead abatement requests.

For more information, please contact IKE's president, Tom Neltner, at 317-442-3973 or, on the web, go to <http://www.ikeycoalition.org/index.html>



Indiana's task force logo, used here with permission from Tom Neltner

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# Client Choice!

In Madison County, organizing a food pantry around the concept of CLIENT CHOICE has become second nature. It wasn't always like this however. A few years ago, a grant from the United Way of Madison County helped Second Harvest Food Bank of East Central Regional Indiana (E-CENT) pave the path towards this method of distributing emergency food.

The grant funded efforts to organize pantries around a client choice approach to food distribution. What does client choice really mean? Clients entering the food pantry have choices about what products they take home. Client choice offers the opportunity for clients to: obtain emergency food they can actually eat, plan meals, and preserve their dignity.

In past newsletters, the concept of Client Choice has been explored, but due to a variety of misunderstandings, this Indiana TEFAP-mandated method of providing food for the hungry is still under used. When Director of E-CENT, Lois Rockhill, heard the Safe Food for the Hungry team was developing a video to help people understand the Client Choice approach, she was eager to encourage us.

Lois was aware, for instance, that the Park Place Church of God food pantry in Anderson had very little space available but nevertheless successfully converted to Client Choice. As a result of the change, clients stand behind a Dutch (half) door and simply point out the items they would like. There are limits of how much product is available to any one family, but the system is working so well that the pantry organizers no longer buy any food at retail outlets. Lines seem inevitable, but when the clients are confident they will receive some food they can really use, they are more patient about waiting their turns.

Another example in Madison County, the East Lynn Christian Church, temporarily changes around the sanctuary for weekly distributions to 200 families. That's a lot of people! Such service to the hungry can only occur when food pantry volunteers are ready and willing to work openly with the director to discover the best way to implement Client Choice at their organization's particular location. Can you open your mind to imagine that each and every client should be able to choose foods/products most needed or appreciated? What will you do this year to promote client choice in your pantry? Check out the Client Choice Manual at our website ([www.cfs.purdue.edu/safefoodsfhungry.html](http://www.cfs.purdue.edu/safefoodsfhungry.html)) and watch for the upcoming video for support and guidance on this very important topic.

## ELIGIBILITY DOCUMENTATION FOR FOOD ASSISTANCE

In the state of Indiana, the only information the client must provide to receive emergency food assistance is name, number in family, address, and a signed self-declaration of income. When TEFAP pantry volunteers ask for referrals, Social Security numbers for recipient and family members, documentation of income, letters from employers verifying employment, telephone numbers, cell phone numbers, utility bills, medical bills, or any other household information they are out of compliance. According to the TEFAP manual, if a pantry demands this information their Memorandum of Agreement will be cancelled immediately and all USDA food products will be removed from the pantry.

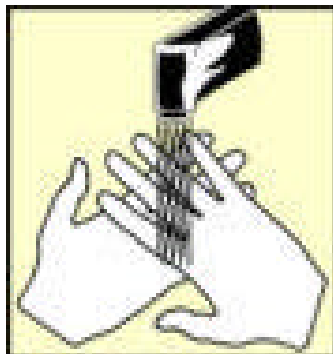
People receiving USDA food products from a food pantry must sign the appropriate signature sheet to attest that they meet the Income Eligibility Guidelines. Income eligibility for TEFAP is 150% of the annual federal poverty guidelines based on household size. The only other requirement of eligibility is residency in the State of Indiana (client must live in Indiana at least one day). Signing the signature sheet places responsibility on the recipient and relieves pantry volunteers of both legal and programmatic liability.

The mission of a food pantry is provision of food for the hungry, not files full of paperwork to prove the clients deserve the food.

**At pantries with USDA (TEFAP) products, clients must provide only this information:**

- 1. Name**
- 2. Signature indicating income less than 150% of poverty level**
- 3. Residing in Indiana for at least one day**

# FOOD SAFETY TIPS FOR YOU!



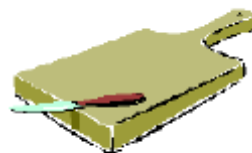
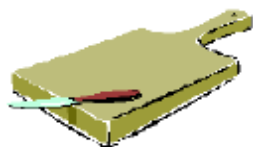
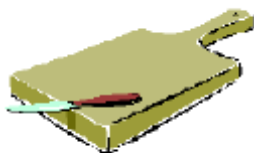
**Did you know** bacteria can spread throughout the kitchen and get on cutting boards, knives, sponges and counter tops?

**Why?** Because this is where bacteria grow most rapidly. At room temperature, harmful bacteria in food can double every 20 minutes!

Here are 4 ways to be clean:

1. Wash your hands often and scrub with soap and warm water for 20 seconds each time.
2. After preparing food items, wash cutting boards, knives, utensils, and counter tops with hot soapy water before going on to the next food item.
3. Use plastic or other non-porous cutting boards. Cutting boards should be run through the dishwasher - or washed in hot soapy water - after use.
4. Consider using paper towels to clean up kitchen surfaces. Or, if using cloth towels, consumers should wash them often in the hot cycle of the washing machine.

**Kim Jacobs, MS, RD**, a registered dietitian for the USDA's Food and Nutrition Service.



# We've Got Milk!

*Nonfat, dry milk, for use in the USDA Household Commodity Food Distribution Programs is available at pantries this winter. Packed in 2-pound packages, this product should be stored in a cool, dry place. Nonfat dry milk is a good source of calcium: one cup of reconstituted skim milk provides 8 grams of protein and 300 mg. of calcium.*

*Use reconstituted nonfat dry milk in place of fresh milk in recipes such as breads, cakes, soups, gravies, sauces, mashed potatoes and custards. These recipes from the USDA featuring nonfat dry milk have been enjoyed recently by the Safe Food for the Hungry team and we think you will like them too!*



## Vanilla Cream Pudding

Yield: 6 1/3 cup servings

### Ingredients:

- 2 tablespoons cornstarch
- 1/4 cup sugar
- 1 egg
- 2 cups reconstituted nonfat dry milk\*
- 1 tablespoon butter
- 1 teaspoon vanilla

### Directions:

1. Mix cornstarch and sugar in a saucepan.
2. Beat egg in a separate bowl. Add with milk to cornstarch and sugar mixture.
3. Cook and stir, over medium heat, until mixture is smooth and thickened.
4. Blend in butter and vanilla. Cool.



## HOW TO RECONSTITUTE NONFAT DRY MILK

For one quart skim milk, add 3 and 3/4 cups cold water to 1 and 1/3 cups dry milk powder, stir well, chill for two hours before serving. Use within 6 days.

*\*Substituting regular skim milk for dry milk is fine.*

## Hot Cocoa

Yield: 6 servings

### Ingredients:

- 1/3 cup cocoa powder
- 1/3 cup sugar
- 6 cups water
- 2 cups nonfat dry milk
- 1/2 teaspoon vanilla

### Directions:

1. Mix cocoa and sugar in a saucepan.
2. Stir in 1 cup of water until smooth. Heat to boiling and simmer 5 minutes.
3. Remove from heat and add rest of water.
4. Sprinkle dry milk on top and beat until smooth.
5. Heat, but do not boil.
6. Add vanilla.



## White Sauce Mix

### Ingredients:

- 1 cup flour
- 1 cup butter
- 1 1/2 cups nonfat dry milk

### Directions:

1. In a large bowl, cut butter into flour with two knives or a pastry blender until mixture resembles fine crumbs.
2. Mix in nonfat dry milk powder.
3. Place in an airtight container and label: "White Sauce Mix".
4. Store in refrigerator. Use within 2 months. Makes about 3 1/2 cups of mix.

### TO MAKE BASIC Medium WHITE SAUCE:

1. Combine in a saucepan: 1/2 cup WHITE SAUCE MIX and 1 cup cool water. (For thinner white sauce decrease the mix to 1/4 cup, for thicker white sauce increase mix to 3/4 cup).
2. Cook over low heat until smooth, stirring constantly. Makes about 1 1/2 cups sauce.

Use to make Cheese Sauce by adding 1/2 - 1 cup shredded cheese. Can also be used as a base to make cream soups: add chopped vegetables, chopped poultry, etc.

## Banana-Walnut Oatmeal

Yield: 4 servings

### Ingredients:

- 2/3 cup nonfat dry milk powder
- 2 3/4 cups water
- pinch of salt
- 2 cups quick oats
- 2 very ripe bananas, mashed
- 2 tablespoons maple syrup
- 2 tablespoons chopped walnuts

### Directions

1. In a small saucepan, combine milk powder, water, and salt. Heat over medium heat until steaming hot, but not boiling.
2. Add oats and cook, stirring until creamy, 1 to 2 minutes.
3. Remove the pan from heat and stir in mashed banana and maple syrup. Divide between 4 bowls, garnish with walnuts, and serve.



Recipe from: [www.whymilk.com](http://www.whymilk.com)

## Kraft Food Rescue Initiative Grants Food Finders \$47,000 for Refrigerators!

Barb Ahler, Executive Director at Food Finders Food Bank in Lafayette, helped several member agencies who responded to a "Needs Survey" in 2002. The result was a \$47,000 award this last October, to help purchase refrigerators for 26 different agencies allowing for a greater portion of fresh produce, dairy and other perishables to be distributed to clients.

"This grant was a perfect opportunity to resolve a dilemma of lack of refrigeration and the need to provide nutritious food items to the hungry", Barb commented. "It was no picnic to write the grant, but it definitely paid off for us!" Compiling detailed information about current product donations and creating a business plan for the future for the grant application was a challenge, but not too big a challenge for Barb!

Like Food Finders, Kraft Foods has a long-standing commitment to help fight hunger and improve nutrition for those Americans with inadequate food security. In 1997, Kraft Foods started a new effort to fight hunger by founding the Kraft Fresh Produce Initiative. Then, in 1999, Kraft Food Rescue Initiative began allowing for an expansion into prepared and perishable food programs.

It may be appropriate for your recipient agency to investigate Kraft grants to help expand services or better meet demands of your clientele. Check out the [Kraft.com/cares](http://www.kraft.com/cares) website where you will find plenty of information about how to apply for one of these grants yourself! Kraft Cares website is located at <http://www.kraft.com/cares.html>



*October 31, 2003, Barb Ahler celebrates with Food Finders' board member Ann Brown and son Parker. Ann said "I want to help Parker get an early start on helping our community." He was by far the youngest philanthropist present!*



*Flanked by Kraft delegates, Barb Ahler receives Kraft grant check and is congratulated by state representative Sheila Klinker!*

### You could apply for one of these grants!

The Kraft Food Rescue Initiative seeks and supports programs that allow hunger organizations to feed more people by building a food bank's infrastructure with refrigeration, transportation or other necessary equipment. The goal is to develop the capacity of food banks to collect and distribute larger volumes of highly nutritious fruit and vegetables and/or prepared and perishable food. In 2002, produce distribution exceeded that of shelf stable foods for the first time.

## Commodity Supplemental Food Program News

Last spring Indiana received a two-year pilot grant for the Commodity Supplemental Food Program (CSFP) from the United States Department of Agriculture. The grant has enabled Gleaners' Food Bank to provide supplemental food boxes to persons age 60 and over who have incomes at or below 130% of the poverty level.

This pilot project to serve 5,000 Hoosier elders operates in one urban county (Marion) and four rural counties (Crawford, Knox, Orange and Vermillion). These counties were designated because they have the highest number of seniors living alone in poverty.



### Commodity Supplemental Food Program Eligibility

Person count	Monthly income	Annual income
1	\$1,040.00	\$12,841.00
2	\$1,444.00	\$17,332.00
3	\$1,818.00	\$21,822.00

We hope Hoosier Seniors will enroll in this pilot project to help permanently establish the program in Indiana. You can help if you have clients who fit the criteria. Please refer them to Linda Proffitt at Gleaners' Food Bank, 317-925-0191 ext. 140.



### Indiana's Directory of Food Assistance Organizations is most up-to-date at our website:

[www.cfs.purdue.edu/safefoods/hungry.html](http://www.cfs.purdue.edu/safefoods/hungry.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](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:

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## 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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