



# SAFE FOOD FOR THE HUNGRY

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

FALL 2005

## SPECIAL POINTS OF INTEREST:

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FOOD BANK  
RECEIVES  
NATIONAL  
AWARD  
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• EXTRA HELP  
AVAILABLE  
FOR  
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## Community Harvest reaps award

### National prize includes \$10,000 for area food bank

Community Harvest Food Bank of Northeast Indiana was named the 2005 Food Bank of the Year by America's Second Harvest, a national food bank network.

Community Harvest Executive Director Jane Avery said the award is "huge" for the organization.

"We are the smallest food bank to have ever been given this award," she said. "In the past it has gone to Dallas, New York City, Los Angeles."

Community Harvest began in 1983 and now is the largest food bank in northeast Indiana, serving Adams, Allen, DeKalb, Huntington, LaGrange, Noble, Steuben, Wells and Whitley counties. The food bank helps as many as 54,000 children and adults each week through its programs - SeniorPak, Kids Cafe, Community Cupboard and the Farm Wagon - and its more than 540-member agency network.

The food bank was chosen from among the 214 members of America's Second Harvest. Avery said to be eligible, food banks and food rescue organizations had to have a perfect inspection by America's Second Harvest and had to fill out an application form addressing the food bank's growth, innovation and efficiency, among other issues.

"Community Harvest's exemplary work has rightfully positioned them for this recognition. It is a job well done," America's Second Harvest President and CEO Robert Forney said in a

written statement. "We all hope that Community Harvest's accomplishments will prove that smaller, and in some ways poorer, communities can also do wonderful work."

Avery said the organization didn't do anything particularly different this year from other years to earn the award.

"We're just good at what we do," she said. "We've just always kept our focus and kept to our mission and done the best job we possibly could."

She said the support of the community and the agencies in the Community Harvest network are what get Community Harvest through difficult economic times.

"The reason that hunger may not always be as apparent as an issue or a problem is because we're able to work so efficiently and effectively through our member agencies and network," Avery said.

The recognition comes with a \$10,000 award, but Avery said she isn't sure yet what the agency will do with the money.

"It could be almost anything," she said. "I can guarantee you whatever it's going to go for, it's going to be worthwhile and to further our mission."

Avery said Community Harvest is planning a celebration with member agencies and other supporters so they can share in the award. Details will be announced later, she said.

We were thrilled to learn Community Harvest Food Bank of Fort Wayne, IN received "Food Bank of the Year" for 2005. Congratulations from all of us at *Safe Food for the Hungry!* - Jeannie Wetzel, Editor

The story above by Krista J. Stockman was used by permission from the *Journal Gazette* of Fort Wayne, IN as originally published on October 1, 2005.

# Fresh Thoughts on Commodity Foods

..often times,  
food  
commodities  
are thrown  
out for lack  
of knowing  
what to do  
with them...

Food pantries abound in commodity foods, which are a wholesome and nutritious resource for individuals in need. However, according to the food pantry workers who distribute commodity foods through The Emergency Food Assistance Program (TEFAP) these high quality products often go bad on the shelf. When asked why patrons routinely bypass commodity foods in favor of other items, patrons commonly reply that they simply do not know how to create appealing meals using these products.

When Janet Reed, supervisor for the Lake County - Expanded Food and Nutrition Program (LC-EFNEP), learned of this gap in practical knowledge, she and her staff determined to discover for themselves how best to remedy the situation. For inspiring instruction in how to use these foods, Reed looked to Marjorie Wilson of the Northwest Indiana Food Bank. Wilson graciously agreed to attend the LC-EFNEP staff meetings in order to train the personnel in how to make simple and tasty meals using the commodity foods on hand.

Right away, Wilson explained that she found the

need for education in commodity food preparation to be quite widespread. Some pantry patrons may resort to throwing out government surplus foods just because they run out of ideas for serving them satisfactorily to their families.

To meet this challenge, the LC-EFNEP staff agreed to experiment with some of the commodity foods in their lab with the goal of sharing printed recipes at food pantries. In order to best meet the needs of local families, pantry staff decided to keep the recipes simple in terms of food items used and in preparation methods. Additionally, to circumvent the issue of non-functioning ovens, the recipes had to be suitable for preparation on the stove top or even require no cooking at all.



[Lake County EFNEP] staff work to develop recipes that could be prepared on the stove top or even require no cooking at all.

For the training session, Wilson provided the staff at LC-EFNEP with the following food commodities: **baking mix, ready-to-serve pudding cups, dried plums, salmon, northern beans, dry milk powder, and macaroni.** The staff then brainstormed to either find or even create recipes using those ingredients. They sought to test recipes that were not only simple but nutritious, thus

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## Food Handler Certification - Update

As a result of Indiana House Bill 1056, any 501C3 non-profit businesses/organizations that are sales tax exempt do not need to have a staff person onsite with Food Handler's Certificate.

However, it was voted on at the July 13, 2005 TEFAP advisory meeting that all soup kitchens receiving USDA food must have a person on staff with a Food Handler's Certificate.

**What: Food Handler Certification**

**Cost:** \$75.00 to \$120.00

**Length of sessions:** 1 - 2 days

**Where:** (see below)

**When:** (see below)

**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)  
Phone: (317) 673-4211  
or (800) 678-1957  
Fax: (317) 673-4210  
Web: [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  
Debbie Scott, (Indiana contact person)  
Phone: (317) 634-4384  
or (800) 843-5288  
Email: [kblakeley@indianalba.com](mailto:kblakeley@indianalba.com)  
Web: [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  
Phone: (765) 496-3827  
Web: [www.foodsci.purdue.edu/outreach/retailfoodsafety/](http://www.foodsci.purdue.edu/outreach/retailfoodsafety/)  
Contact: Ann Guentert  
Using the National Registry exam

*Continued from page 2*

enabling pantry patrons to comfortably stretch their food budget by supplementing with many foods they had previously been avoiding.

After sampling dishes using the baking mix and the dry milk powder, the LC-EFNEP staff were especially motivated. Both products produced some tasty dishes, and were versatile enough to enhance existing recipes with new flavors, textures, colors, and most importantly, nutritional value.

Because the LC-EFNEP training session with Ms Wilson was deemed such a success, she then invited the entire LC-EFNEP staff to attend the Northwest Indiana Food Bank's quarterly summer workshop. There Janet Reed explained the LC-

EFNEP program to other food pantry directors. In attendance. From noticing a need and finding a way to meet it, the LC-EFNEP now seeks to pass on their useful tips to other Lake County food pantries as well.

As the practical training in how to use commodity foods continues to ripple outward, many more pantry patrons will learn how to improve their families' nutrition while also stretching food dollars. As Reed observed, "Together we could have a beautiful marriage providing actual food and the education to use the food to its fullest potential."

(by Janet Reed & Angela Myracle)

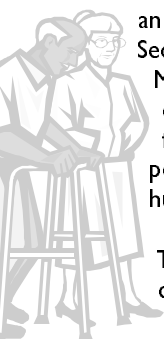
## Extra Help with Medicare (don't sleep through this!!)

**Medicare prescription drug plans are for everyone.**

In order to receive prescription drug benefits, a person will need to sign up with a private insurance company. If someone is unsure which insurance company would be right for them, they may call Senior Health Insurance Information Program (SHIIP). SHIIP is a free counseling service provided by the Indiana State Department of Insurance and the Centers for Medicare & Medicaid Services.

**The great news for low income senior citizens** is that extra help from Social Security is available to assist in paying insurance premiums, annual deductible and co-payments related to the new Medicare Prescription Drug program -

an average of \$2,100 in extra help! Social Security has been sending out forms to Medicare beneficiaries who are potentially eligible for aid in paying their premiums. The form needs to be filled out to determine if a person can qualify for extra help. It has been a huge undertaking.



The Social Security form, which asks questions about income, is fairly simple, but must be completed in order to determine the amount of extra aid that could be granted to an individual.

The following ideas are some ways your facility or organization can help clients know about the extra help may be available to them:

1. **Post signs throughout your building**, reminding customers to keep all Social Security mail (do not throw away).

2. **Include a flyer** in any bag, box or container you may use for customers, reminding them to keep all Social Security mail (do not throw away).
3. **Schedule dates for classes on how to fill out the Social Security forms** with your local Social Security or SHIIP office. Invite everyone who has received mail from Social Security to come. (More than likely all you will need is a room with desks and #2 pencils. Social Security or SHIIP will take care of the rest).
4. **Give out #2 pencils for free** so forms can be filled out properly.

Change is often scary for senior citizens. Provide courteous service, even if they seem rude, and be aware that they are concerned about the future. Treat them the way your mama taught you to treat others...with respect.



(by Jeannie Wetzel)

## Helpful Numbers and Websites:

Senior Health Insurance Information Program (SHIIP):

- **(800) 452-4800** - call this number to find your local **SHIIP** office
- [www.IN.gov.idoi.shiip](http://www.IN.gov.idoi.shiip)

Social Security:

- **(800) 772-1213** - call this number to find your local **Social Security** office
- [www.socialsecurity.gov](http://www.socialsecurity.gov)

Medicare:

- **(800) MEDICARE**
- [www.medicare.gov](http://www.medicare.gov)

# Taking Care of Fresh Produce

*For potatoes and cucumbers or produce where the skin will be eaten, use a soft bristled brush and scrub under cold running water.*

Fresh produce is delicious! And, thanks to the Farmer's Markets and roadside stands fresh produce can be affordable. Knowing how to best prepare produce will help the flavor of the food and, more importantly, keep you and your family safe from preventable food borne diseases. The following tips should serve as reminders as you prepare meals.

- When selecting fresh produce pick items that are not overripe or have bruised spots.

- Wash fruits and vegetables right before preparing or eating them. This will help them stay fresh longer.

- Wash fruits and vegetables under cold running water. For delicate fruits, such as berries, use a colander and the sink sprayer.



- For potatoes and cucumbers or other produce of which the skin will be eaten, use a soft bristled brush and scrub under cold running water.

- Do not use detergents or bleach solutions to wash fruits and vegetables. These products can leave unwanted residues on

the produce.

- You should also wash produce even if where the skin or rind will not be eaten. Examples are watermelon, cantaloupe, and oranges.



- Keep produce separate from raw meat when preparing a meal.

## TIPS ON CUTTING BOARDS:

- Choose a plastic cutting board over wood. Plastic is less porous so that bacteria are less likely to grow in crevices. Plastic is easy to clean in the dishwasher.
- Use separate cutting boards for raw meat and produce.
- Be sure to thoroughly wash cutting boards with hot soapy water after each use.
- Wash cutting boards where raw meat has been cut with bleach solution on a regular basis.

## CLEANING SOLUTION FOR CUTTING BOARDS:

Use 1 tablespoon of bleach to 1 gallon of water. You can put in a labeled spray bottle and keep near the work area. This can also be used to clean the area when any raw meat juices get on work surfaces.

(by Angela Myracle)



## Web Surfing

Wondering what to surf on the internet for when you have a few minutes to spare? Why not visit a site that benefits the hungry? The following links can give you some interesting information on what you can do to help alleviate hunger in the world:

- DONATE A CUP OF FOOD for FREE (just a "click" away)..... [www.thehungersite.com](http://www.thehungersite.com)
- PURCHASE A GIFT that gives (maybe a Pashmina shawl?)..... [www.gearthatgives.com](http://www.gearthatgives.com)
- HOW RICH ARE YOU compared to the rest of the world?..... [www.globalrichlist.com](http://www.globalrichlist.com)
- COLLEGE STUDENTS in the fight against hunger..... [www.studentsagainsthunger.org](http://www.studentsagainsthunger.org)
- ATTENTION CHOCOHOLICS!! ..... [www.chocaid.com](http://www.chocaid.com)

# Crazy for Cranberries

## Six Good Reasons to eat Cranberries

Cranberries are an ideal fruit to keep you healthy all year round not just during the holiday season. Their potential protective effects include:

1. Decreased risk for kidney stones
2. Decreased risk for urinary tract infections
3. Reduced risk for certain cancers due to their many antioxidants
4. The specific antioxidants found in cranberries have been found to protect against heart disease by decreasing total cholesterol
5. Decreased risk of peptic ulcers
6. Possible reduction of

dental plaque, periodontal disease and cavities

## How to store cranberries?

Fresh cranberries can be stored in the refrigerator for several months. Before storing, discard any soft, discolored or wrinkled fruits.

When removed from the refrigerator, cranberries may look damp, but such moistness does not indicate spoilage. Unless the berries are discolored or feel sticky, leathery or tough the berries are good. Frozen berries retain their goodness for up to a year.

To freeze, spread fresh cranberries out on a cookie sheet and place in the freezer. In a couple of hours, the fully frozen berries will be ready to transfer to a freezer bag. Mark the bag with the current date and place in the freezer. Once thawed, frozen berries will be quite soft and should be used immediately.

(by Anne Marie Campbell)

*Cranberries may be able to reduce dental plaque, periodontal disease, and cavities.*

## Cranberry Recipes

### Cranberry Orange Sauce

Ingredients:

- 11 oz. can mandarin oranges, drained, save 1/4 cup of juice
- 12 oz package of cranberries
- 3/4 cup sugar
- 1/2 tsp ginger (optional)
- 1/2 cup chopped pecans or walnuts (optional)

Directions:

1. In a 2 qt. casserole dish combine: juice, cranberries, sugar, and ginger.
2. Cover. Microwave on high for 3 1/2 minutes. Stir. Microwave on high for 3 1/2 - 5 more minutes, or until you hear the cranberries "pop".
3. Stir in oranges and nuts. Chill. Serve with turkey or your favorite holiday dish.

From the kitchen of Wilda Wetzel



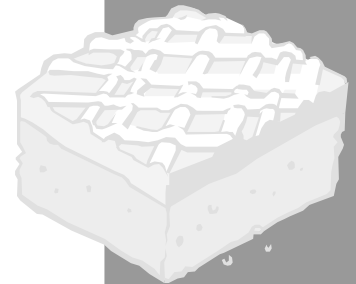
### Cranberry Nut Bars

Ingredients:

- 2 large eggs
- 1 cup granulated sugar
- 1 cup all-purpose flour
- 1/3 cup butter or margarine, melted
- 1 1/4 cups fresh or frozen cranberries
- 1/2 cup chopped walnuts (optional)

Directions:

1. Preheat oven to 350°F. Grease an 8-inch baking pan.
2. Beat eggs in a medium mixing bowl until thick. Gradually add sugar, beating until thoroughly blended. Stir in flour and melted butter; blend well. Add cranberries and walnuts, mixing gently just until combined. Spread evenly in pan.
3. Bake for 40 to 45 minutes or until golden brown and a toothpick inserted into the center comes out clean. Cool and cut into bars. Makes 16 servings.



Used by permission from <http://www.cooksrecipes.com>

# "Go eat a rainbow!"

**Phytochemicals** are substances contained in plants that help the body defend against disease.

Did you ever wonder why fruits and vegetables come in such a wide range of pretty colors? Perhaps they are so pretty to motivate us to eat them more often.

Fruits and vegetables are very good for us and the colors do have meaning. Not only do fruits and vegetables contain important vitamins and minerals, but also they are packed with phytochemicals.

Phytochemicals are chemicals that produce the brilliant colors in fruits and vegetables. Not only do phytochemicals protect the plants, but they also work to prevent or lessen disease in our bodies.

Let us take a look at the rainbow.

**Red** fruits and vegetables help by lowering the risk of some cancers, keep the urinary tract healthy, help with memory function and heart health

**Orange/Yellow** fruits and vegetables help with vision, keep the immune system healthy, lower the risk of some cancers and help with heart health

**Green** fruits and vegetables help keep bones and teeth strong, keep eyes healthy and lower the risk of some cancers

**Blue/Purple** fruits and vegetables help with memory

function, keep the urinary tract healthy, aid with healthy aging and lower the risk for some cancers











**White** fruits and vegetables can help maintain good cholesterol levels, promote heart health and lower the risk of some cancers

Below are a few examples to help you select a rainbow for your diet.

Source: [http://www.5aday.com/html/colorway/colorway\\_home.php](http://www.5aday.com/html/colorway/colorway_home.php)  
Images from [www.google.com/images](http://www.google.com/images)

(by Angela Myracle)

## Selecting a Rainbow for Your Diet

Red	Orange/Yellow	Green	Blue/Purple	White
<p><b>Fruits</b> red apples cherries cranberries red grapes raspberries strawberries watermelon</p> 	<p><b>Fruits</b> yellow apples apricots cantaloupe grapefruit lemon oranges nectarine</p> 	<p><b>Fruits</b> avocados green apples green grapes honeydew kiwi fruit limes green pears</p> 	<p><b>Fruits</b> blackberries blueberries plums purple figs purple grapes raisins</p> 	<p><b>Fruits</b> bananas brown pears white peaches white nectarines dates</p> 
<p><b>Vegetables</b> beets red peppers tomatoes red onions radishes rhubarb red potatoes</p> 	<p><b>Vegetables</b> carrots sweet corn sweet potatoes summer squash butternut squash pumpkin rutabagas yellow peppers</p> 	<p><b>Vegetables</b> artichokes asparagus broccoli green beans celery okra green pepper</p> 	<p><b>Vegetables</b> purple cabbage eggplant purple peppers</p> 	<p><b>Vegetables</b> cauliflower garlic mushrooms onions potatoes turnips white corn</p> 

# How Long Can I Keep That?

When I moved into my first apartment after college, I was very good about cooking my own meals.

**However, I was not good at reheating leftovers.** Consequently, my rule of thumb was "If it's green, don't eat it."

Far safer than the "green rule" is to follow the chart below in order to prevent food borne illnesses. If you don't want to post the chart on your refrigerator door, at least tape it on the inside of one of your cabinets near the refrigerator and refer to it daily. Eat well, and stay healthy!!

Jeannie Wetzel, Editor

ITEM	IN REFRIGERATOR (41°)	IN FREEZER (0°F)
<b>MEATS (Fresh)</b>		
Roasts, Steaks,	3-5 days	6-12 months
Chops,	3-5 days	6-9 months
Ground Meat	1-2 days	3-4 months
<b>HOT DOGS, LUNCH MEATS</b>		
Hot Dogs, Opened	1 week	
Hot Dogs, Unopened*	2 weeks	In freezer wrap-
Lunch Meats, Opened	3-5 days	1-2 months
Lunch Meats, Unopened*	2 weeks	
<b>MEATS (Leftover)</b>		
Leftover Meat Dishes	3-4 days	2-3 months
Gravy and Meat Broth	1-2 days	2-3 months
<b>POULTRY (Fresh)</b>		
Chicken or Turkey (whole)	1-2 days	1 year
Chicken or Turkey (pieces)	1-2 days	9 months
Giblets	1-2 days	3-4 months
<b>POULTRY (Cooked, Leftover)</b>		
Leftover Chicken Dishes	3-4 days	4-6 months
Leftover Fried Chicken	3-4 days	4 months
Leftover Pieces, Plain	3-4 days	4 months
Leftover Pieces with gravy	1-2 days	6 months
Chicken Nuggets, Patties	1-2 days	1-3 months
<b>SOUPS and STEWS</b>		
Vegetable or Meat added	3-4 days	2-3 months
<b>EGGS</b>		
Fresh	3 weeks	Do Not Freeze
Hard cooked	1 week	Do Not Freeze
Egg Substitutes, opened	3 days	Do Not Freeze
Egg Substitutes, unopened	10 days	1 year
<b>DELI &amp; VACUUM-PACKED</b>		
Store-prepared Egg, Chicken, Tuna, Ham, Macaroni Salad	3-5 days	Do Not Freeze
Commercial brand vacuum packed dinners	2 weeks, unopened	Do Not Freeze

\*But not more than one week after "sell by" date



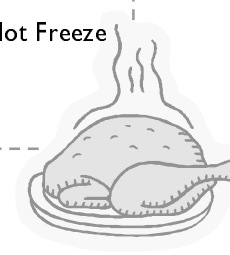
## TURKEY TIME!!

### Hotline Q & A

(used by permission from the Food Safety and Inspection service website)

**Q:** What is the safest way to thaw a frozen turkey?

**A:** The safest way is to defrost it in the refrigerator. Allow 24 hours for every 5 pounds of turkey. If you are running short on time, you can thaw it in airtight packaging in cold water (change the water every 30 minutes so the turkey continues to thaw) or in the microwave (cook immediately.)



(Chart from the Safefood for the Hungry Website: <http://www.cfs.purdue.edu/safefood/foodsafety/post1a.html>)

## Safe Food for the Hungry

Department of Foods and Nutrition  
Stone Hall  
Purdue University  
West Lafayette, IN 47907-2059  
Phone: (765) 494-8186  
Fax: (765) 494-0906  
E-mail: safefood@purdue.edu

**On the Web!**

[www.cfs.purdue.edu/safefood](http://www.cfs.purdue.edu/safefood)

### 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**



# SAFE FOOD FOR THE HUNGRY

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

FALL 2005

This newsletter is created with 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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