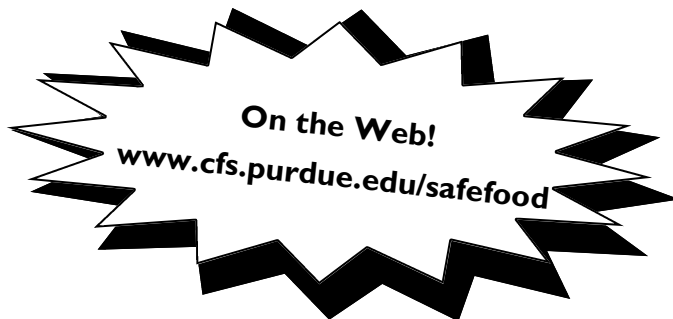


Safe Food for the Hungry

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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



SAFE FOOD FOR THE HUNGRY

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

SUMMER 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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SAFE FOOD FOR THE HUNGRY

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

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SPECIAL POINTS OF INTEREST:

- Certification Rule (page 2)
- Shelf Stable Milk (page 4)
- Ways You Can Lobby (page 6)
- Fish Consumption Advisory List (page 7)

ON THE MENU:

- Eating Right MY PYRAMID 1
- Tips You Can Use POWER OUT 2-3
- What's Happening UHT MILK 4
- Personal Glimpses NEW EDITOR 4
- In the Kitchen BLUEBERRIES 5
- In the News NATIONAL HUNGER AWARENESS DAY 6
- Food Safety FISH 7

New Pyramid has been Discovered!



"One Size Doesn't Fit All". So claims the updated Food Pyramid at the MyPyramid website.

MyPyramid (Figure 1) is replacing the original Food Guide Pyramid of 1992.

A simpler appearance was one of the goals for the design of the new pyramid.

Bands of color represent the general amount of foods in each category. The food groups associated with each color band can be found in Table 1.

Instead of a "one diet fits all" pyramid, MyPyramid is meant to be tailored to meet a person's

dietary needs. Consequently, there are no daily amounts of food on the pyramid itself.

Twelve personalized pyramids are available based on a person's age, gender and physical activity. (See Tables 2 & 3 for examples.)

Physical activity plays an important part of being healthy which is represented by the steps to the left of the pyramid. "Steps to a Healthier You" serves as a motivational slogan and reminder that physical activity and nutrition go hand-in-hand.

To find your personal dietary needs log on to:
www.mypyramid.gov

(story by Jeannie Wetznel)

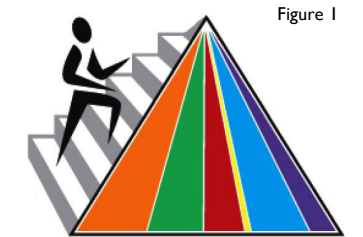


Figure 1

Table 1
MyPyramid Food Group's

Orange Grains Make half of your grains whole
Green Vegetables Vary your veggies
Red Fruits Focus on fruits
Blue Milk Get your calcium-rich foods
Purple Meat & Beans Go lean with protein
Yellow Choose your fats wisely

Table 2

Age: 60	
Gender: Female	
Physical Activity: 30-60 minutes/day	
Food Group	Amount Daily
Grains	6 oz
Vegetables	2.5 cups
Fruits	1.5 cups
Milk	3 cups
Meat & Beans	5 oz
Required Calorie Diet = 1800	

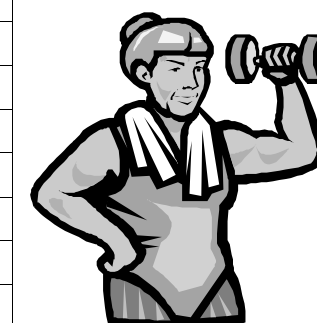


Table 3

Age: 30	
Gender: Male	
Physical Activity: Less than 30 minutes/day	
Food Group	Amount Daily
Grains	8 oz
Vegetables	3 cups
Fruits	2 cups
Milk	3 cups
Meat & Beans	6.5 oz
Required Calorie Diet = 2400	

Power Out!

The following information regarding freezing and refrigeration (on pages 2 & 3) was first published in the SUMMER 2000 edition of the Safe Food for the Hungry newsletter.

Plan Ahead for Power Out!

FREEZERS:

- Arrange with a local trucking company to be able to borrow a refrigerated truck to store food or
- Locate a local dry ice supplier - check the yellow pages or contact dairies, cold storage warehouses, and other businesses that might use dry ice.
- Resist the temptation to open the freezer door to see how things are doing!

How long your food will remain frozen depends on several things:

1. **The AMOUNT of food in the freezer.** A full freezer,

2. **The KIND of food in the freezer.** Foods which have a higher water content will stay frozen longer. For example, a freezer full of meat will not warm as quickly as a freezer full of bread.
3. **The SIZE of the freezer.** The larger the freezer, the longer the food will stay frozen.

REFRIGERATORS:

- Add bags of ice. Put the ice on the upper shelves with a pan under to catch the thawed water.
- The more ice you use, the longer the temperature will stay cool. Open the door

Summer weather can bring beautiful sunny days, but it can also bring severe weather and power outages.

To ensure that your perishable food stay safe during an outage:

- Plan Ahead!
- If your power goes out:
- Check that it really is a local outage and not a problem just within your facility.

only to add more ice.

- When the power returns check the refrigerator temperature to be sure the food has been kept at 41°.

FINALLY:

Check the "Evaluating Refrigerated Foods" table on the next page to see how you should deal with refrigerated food after a power outage, but, remember the saying:

WHEN IN DOUBT, THROW IT OUT!



Helpful Idea: Have copies of the "Evaluating Frozen and Refrigerated Foods" table (next page) available for clients to take home.

Food Handler Certification

A Friendly reminder! One Certified Food Handler needs to be on staff at your site. This person is not required to be on site at all times. See the Fall 2004 Newsletter for more information.

Cost: \$75.00 to \$120.00

Length of sessions: 1 - 2 days

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
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
Web: 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/
Contact: Ann Guentert
Using the National Registry exam

(Fish) Food for Thought

Fishing is a wonderful way for people to supplement their family's diet at a relatively low cost. Fresh water fish is a good source of protein that is low in fat. Ocean caught fish is a good source of omega-3 fatty acids which help promote heart health.

much fish you should eat in a given month.

To use the Advisory:

1. First find the waterbody where you caught your fish,
2. Find the species and compare the length of your fish to the table provided.
3. From this you can determine the Group to which a fish has been assigned.

However, fishermen need to be informed when it comes to fishing habits due to contaminated waterways.

Indiana categorizes fish that are found in waterways into 5 Groups. The Indiana Streams & Rivers Advisory Guide is designed to help you know how



The length of the fish is important for determining the Group because as fish get older, levels of pollutants in their bodies increase.

If someone you know enjoys fishing, remind them to fish smart!

INDIANA STREAMS & RIVERS ADVISORY GUIDE

1. Go to www.in.gov
 2. In the Search Box type - "Fish Consumption Advisory"
 3. Select the first item listed
 4. Select 2004
 5. Select Indiana Streams and Rivers Advisory (12 page PDF)
- OR
Call (317) 233-7162 to reserve your copy of the 2005 guide

Information taken from: <http://fn.cfs.purdue.edu/anglingindiana/>

(story by Angela Myracle & Jeannie Wetzel)

SAFE EATING GUIDELINES FOR GENERAL & SELECTED PORT FISH FROM MOST OF INDIANA'S INLAND WATERS*		
Groupings	Women of childbearing years, nursing mothers, and children under 15 may eat:	Women beyond their childbearing years and men may eat:
Group 1	Limit to 1 meal per week	Unlimited consumption
Group 2	Limit to 1 meal per month	Limit to 1 meal per week
Group 3	Do Not Eat Any Fish in this Group	Limit to 1 meal per month
Group 4	Do Not Eat Any Fish in this Group	Limit to 1 meal every 2 months (6 meals/year)
Group 5	Do Not Eat Any Fish in this Group	Do Not Eat Any Fish in this Group.
What is a Meal?	A meal is 8 ounces of fish before cooking for a 150-pound person, or 2 ounces of uncooked fish for a 40-pound child. Tip: Subtract or add 1 ounce of uncooked fish for every 20 pounds of body weight.	

Do Not Eat Any Fish Caught in these Waters (GROUP 5):

- Clear Creek, Monroe County
- Salt Creek, Downstream of Clear Creek in Monroe County and Lawrence County
- Pleasant Run Creek, Lawrence County
- Elliot Ditch, Tippecanoe County
- Wea Creek, Tippecanoe County
- Grand Calumet River/Indiana Harbor Canal, Lake County
- Kokomo Creek, Howard County from U.S. 31 to Wildcat Creek
- Wildcat Creek, Downstream of the Waterworks Dam in Kokomo through Howard and Carroll Counties
- Little Mississinewa River, Randolph County
- Little Sugar Creek/Walnut Fork, Montgomery County



National Hunger Awareness Day...

13 million children live in households that struggle to put food on the table.

TAKE ACTION!!

You may want to keep this list handy for future use.

National Hunger Awareness Day on June 7 brought hundreds of anti-hunger advocates to Capitol Hill. Although the "official" day is past there are several ways to let your voice be heard to fight hunger in the United States.



For more information on hunger issues visit: www.bread.com

(story by Jeannie Wetzel)

Contact your Senators and Representative and ask them to cosponsor S.1120 and H.R. 2717, the bipartisan Hunger-Free Communities Act of 2005.

Also, urge them to ensure that there are no funding cuts to food stamps or other national nutrition programs.

Key points to make:

- More than 36 million people in the United States, including 13 million children, live in households that struggle to put food on the table.
- The United States pledged to cut food insecurity to 6% by 2010.
- Currently we are at 11.2% which is almost where we were when the goal was established in 1995 at 12%.

- The United States needs to reduce food insecurity by approximately 5 percentage points in the next 5 years in order to reach the Healthy People 2010 goal.

- Budget cuts should not be made to our country's nutrition food assistance programs. The national nutrition programs are the fastest and most efficient way to fight hunger in the United States.

SENATORS

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463 RUSSELL SENATE OFFICE BUILDING
WASHINGTON DC 20510
Phone: (202) 224-5623
Web Form: bayh.senate.gov/WebMail1.htm

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306 HART SENATE OFFICE BUILDING
WASHINGTON DC 20510
Phone: (202) 224-4814
E-mail: senator_lugar@lugar.senate.gov

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Phone: (202) 225-2461
Merrillville: (219) 795-1844

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Kokomo: (765) 454-7551

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South Bend: (574) 251-0596

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Phone: (202) 225-2276
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Mark E. Souder (R-3rd)
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Ft. Wayne: (219) 424-3041

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Phone: (202) 225-3021
Anderson: (765) 640-2919

Michael E. Sodrel (R-9th)
1508 Longworth House Office Building
Washington, DC 20515-1409
Phone: (202) 225-5315
Jeffersonville: (812) 288-3999

Evaluating Freezer Foods

Food Item	Partially frozen with some ice crystals	Thawed but cold (41° or below)	Thawed and warm (Above 41°)
Meats	Refreeze	Cook and serve or cook and refreeze	DISCARD
Poultry	Refreeze	Cook and serve or cook and refreeze	DISCARD
Organ Meats	Use within 48 hours	Do not refreeze Cook and serve	DISCARD
Fish and Shellfish	Refreeze	Cook and serve or cook and refreeze	DISCARD
Dairy Items	Refreeze	Refreeze or refrigerate	DISCARD
Produce	Refreeze	Cook and serve or cook and refreeze	DISCARD
Juices	Refreeze	Cook and serve or cook and refreeze	DISCARD
Fruit Pies	Refreeze	Refreeze	DISCARD
Bread and Plain Cakes	Refreeze	Refreeze	Serve

Evaluating Refrigerator Foods

Item	What to do with it
Milk	Discard if the temperature is above 41°F over 2 hours
Fruit Juices	Generally safe unrefrigerated until the power returns but discard if cloudy, moldy or fermented
Eggs - fresh or hard boiled	Discard if the temperature is above 41°F over 2 hours
Hard cheese, butter or margarine	Generally safe unrefrigerated if well-wrapped, but discard if mold or rancid odor develops
Fresh fruits and vegetables	Generally safe unrefrigerated until power returns, but discard if mold, yeasty odor, or slimy texture develops
Fresh meats and poultry	Discard if the temperature is above 41°F over 2 hours
Lunch meats and hot dogs	Discard if the temperature is above 41°F over 2 hours
Mayonnaise (opened)	Discard if the temperature is above 41°F over 2 hours
Opened jars or jelly, jam, mustard, ketchup, pickles and olives	Discard if the temperature is above 41°F over 2 hours

UHT (Ultra High Temperature) Milk



Costa Ricans use UHT milk regularly. Editor, Jeannie Wetzel, stands next to the milk (leche) aisle in a Costa Rican market during her vacation in May.

cabinets even during the summer.

Once opened, UHT milk must be placed inside the refrigerator. It does not have any added preservatives.

Refrigerated milk undergoes the process of pasteurization where milk is heated to 145°F for 30 minutes and then quickly cooled and stored in the refrigerator. Pasteurization helps milk stay fresh and bacteria free. With refrigeration, pasteurized milk can last for 10-21 days.

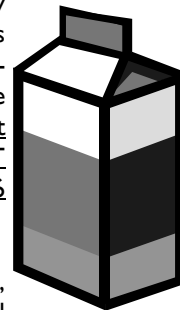
Milk in a Box? Weird. Whereas, many people in the world would buy milk in a box, this is not common (yet) in the United States.

As this product will be available to your clients this summer, a little background information may be helpful.

Americans are used to large refrigerators, with several gallons of milk fitting in nicely. Around the world, however, smaller refrigerators are the norm and so UHT, (Ultra High Temperature) milk is very common. Europe, Latin America and Australia, to name a few places, use UHT milk every day. It comes in handy as it can be stored in

1. Suggest they take a container home for those times when they run out of regular milk and can not make it to the grocery store.
2. UHT milk usually comes packaged in an aseptic container similar to a juice box, so it may be a fun way to encourage small children to drink milk who normally don't enjoy it.
3. Unlike powdered milk, it is ready to use, so it can be taken on vacation and camping trips.

Milk is a very important part of everybody's diet. In addition to being used as a beverage it is a staple for cooking and preparing many dishes. It is a good source of calcium and vitamin D, which helps keep bones strong.



It is likely that Americans will still continue to mainly use refrigerated milk, but new ideas can be learned from friends across the world.

(story by: Angela Myracle, Jeannie Wetzel)
Information from:
<http://www.geocities.com/Hearthland/Pointe/7623/pasteurization.html>
<http://www.en.wikipedia.org/wiki/UHT>
http://class.fst.ohio-state.edu/Dairy_Tech/11.%20Heat.htm

in 1997, I wasn't making much money. It was such a blessing to be able to go Second Harvest and stock up on necessary food items. We had food choice, which was a terrific program!"

Wetzel lives with the Jackson family in West Lafayette. She enjoys babysitting the girls, ages 7, 5 and twin 2 year olds.

This past May, Wetzel was invited to Costa Rica on the Jackson's family vacation.



New editor, Jeannie Wetzel, and her pal Alyssa Jackson enjoy Coke floats during their vacation in Costa Rica.

PERSONAL GLIMPSES - NEW EDITOR

You may notice a different format for the *Safe Food for the Hungry* newsletter. Jeannie Wetzel, new editor, has redesigned the layout, hoping to reenergize readers of this publication.

"I enjoy turning everything I do into something fun!" says Wetzel. "When I finish each newsletter it should be something that I personally will refer to when a food safety question arises."

Wetzel is no stranger to food pantries. "At my first job out of college,

"Without refrigeration UHT milk can last 6-9 months!"



Blueberry Benefits

"The Power of Blue™"! Blueberries are one of many colorful foods that should supplement everyone's diet. This power packed fruit contains health benefits such as:



Blueberries - #1 Antioxidant Fruit

•**Cancer Prevention** - University of Illinois study looked at a particular flavonoid that inhibits an enzyme involved in promotion cancer, of the fruits tested, wild blueberries showed the greatest anti-cancer activity.

•**Urinary Tract Health** - Blueberries contain compounds that prevent the bacteria responsible for urinary tract infections from attaching to the

bladder wall.

•**Vision Health** - Wild blueberries contain high concentrations of anthocyanin a compound linked with many health benefits including reducing eyestrain and improving night vision. Future plans include research on the ability of blueberries to prevent macular degeneration, a disease of the retina and leading cause of blindness in people over age 65.

One reason for blueberries' protective power is their color. Dr. Joseph neuroscientist and of USDA Human Nutrition Research Center on Aging at Tufts University ex-

plains, the pigments in blue-purple food like wild blueberries are antioxidants and anti-inflammatories.

In USDA studies, blueberries emerged as number one in antioxidants compared with other fruits and vegetable.

Antioxidants protect against oxidative cell damage that can lead to conditions like Alzheimer's, cancer and heart disease, conditions also linked with chronic inflammation.

Source: <http://www.blueberrypower.com/health.html>
(story by Jeannie Wetzel)

The pigments in blue-purple food like wild blueberries are antioxidants and anti-inflammatories.

Blueberry Recipes

Blue Banana Blueberry Bread

Makes 1 Loaf (Approximately 8 Servings)

- 1 stick (1/2 cup) butter or margarine
- 1 cup sugar
- 2 eggs
- 1 teaspoon vanilla
- 1 teaspoon baking soda
- 1 1/2 cups all-purpose flour
- 1/2 teaspoon salt
- 2 large bananas, mashed
- 3/4 cup dried blueberries

Preparation

1. Preheat oven to 350°
2. Cream margarine and sugar. Mix in eggs and vanilla. Add baking soda, flour and salt
3. Stir in bananas and blueberries
4. Pour into greased 9X5-inch loaf pan and bake 50-60 minutes.

These recipes have not been tested or standardized by USDA. "Creative Recipes for Less Familiar Commodities" USDA Food and Nutrition Service Food Distribution Division, Alexandria, VA

Blueberry Energy Shake

Makes 2 servings

- 1 cup blueberries
- 2 cups cold milk (UHT milk)
- 1/4 cup peanut butter
- 1 1/2 tablespoons honey
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon

Place all ingredients into the container of electric blender and blend on high until smooth.

Serve immediately.

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

Blueberry Pancake Cookies

Makes about 2 dozen cookies

- 1/4 cup butter, softened
- 2/3 cup granulated sugar
- 1 large egg
- 1 1/2 cups pancake mix
- 1/2 cup chopped pecans
- 1 cup fresh or frozen blueberries

Preparation

1. Cream butter and sugar together in large mixing bowl. Beat in egg, mixing well. Stir in pancake mix and pecans. Fold in blueberries.
2. Drop by spoonfuls onto cookie sheets and bake for 12 minutes at 350°F (175°C). Cool on wire racks.

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