



New Logo Coming Soon!

INDIANA'S FOOD FOR THE HUNGRY

Formally known as "Safe Food for the Hungry"

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

SUMMER 2007

SPECIAL POINTS OF INTEREST:

- Changes for Indiana's Food for the Hungry Program (page 1)
- Certification Rule (page 2)
- Cherry Tips (page 4-5)
- Farmers' Market. (insert)
- Hunger Awareness Day (page 6)

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Personal Glimpses: New Faces Help Direct "Indiana's Food For the Hungry Program"

After a brief absence and a slight name change, the "Safe Food for the Hungry" program name was updated to "Indiana's Food for the Hungry" to better reflect the program's broad activities, such as going beyond food safety to promote client choice. There are also two new faces helping to direct the Indiana's Food for the Hungry Program. Dr. Amy Mobley and Laura Palmer were recently awarded a contract from the Lieutenant Governor's Office (The Emergency Food Assistance Program) to continue the activities of Indiana's Food for the Hungry program. The diversity of the program will help Dr. Amy Mobley and Laura Palmer work with individuals from around the state to provide nutrition and food safety information and promote awareness of the issue of hunger in the state of Indiana.



Amy Mobley, PhD, RD

Amy Mobley, PhD, RD

Amy is an Assistant Clinical Professor who recently joined the Foods and Nutrition faculty at Purdue University in August 2006. She is responsible for teaching and research as well as serving as a specialist for the Family Nutrition Program (Food Stamp Nutrition Education) with Purdue Cooperative Extension. By training, Amy is a registered dietitian with special interests in nutrition education and working with limited resource audiences. She will continue to work with Dr. Carol Boushey (previous director) to oversee the program. Amy can be contacted at armobley@purdue.edu or 765-496-9462.



Laura Palmer, MS, RD

Laura Palmer, MS, RD

Laura is a registered dietitian who joined the Department of Foods and Nutrition in October 2006. Laura currently serves as the nutrition specialist for Purdue Cooperative Extension in the state of Indiana. Her background includes experience in clinical nutrition as well as community nutrition. Laura will work to coordinate the day-to-day operations including production and editing of the Safe Food for the Hungry Newsletter, the maintenance of the website, and the maintenance of the Indiana Emergency Food Organizations database. Laura can be contacted at: lpalmer@purdue.edu or 765-496-2626.

Safe Produce at Home

The spring and summer months are a great time of year for enjoying fresh fruits and vegetables of all kinds. This issue focuses on the nutritional benefits and food safety of these foods.

Plan Ahead for Food Safety

At the store or Farmer's Market:

- Choose produce free of bruises, cuts or mold.
- Avoid bagging produce with meat, poultry or seafood items.

When you get home:

- Keep fresh-cut fruits and vegetables, such as bagged salad and melon refrigerated.
- Most fruits and vegetables can tolerate a temperature at or below 41°F.

Before you eat:

- Wash your hands and surfaces that you will be using. Be sure to clean cutting boards, knives and any utensils you may use.
- Thoroughly wash all produce before preparing to eat.
- Wash the outside of any fruit or vegetable, even if you peel the skin. Scrub items such as cantaloupe or potatoes with a vegetable brush.

People who eat fruits and vegetables as part of a healthy diet are more likely to reduce their risk of heart disease, cancer and stroke.
Aim for 3.5-6.5 cups of fruits and vegetables a day!!!

Finally:

- Share your purchases with your family. Fruits and vegetables deliver many health benefits and make a great snack or side to any meal!

Source: Adopted for use by the University of Nebraska-Lincoln; & American Dietetic Association.

New Bonus Feature of Newsletter:

Reproducible handouts to provide to your clients will be added to each newsletter as an insert.

Food Handler Certification Food Handler Certification

Food Handler Certification Information for Sites Preparing Meals:
One Certified Food Handler needs to be on staff at your site. This person is not required to be on site at all times. Cost: \$75.00 to \$120.00 Length of sessions: 1 - 2 days

ServSafe®

Indiana Restaurant and Hospitality Association
200 South Meridian St, Suite 350
Indianapolis, IN 46225
Phone: (317) 673-4211 or
(800) 678-1957
Web: www.indianarestaurants.org

*Certification lasts for 5 years

Indiana Licensed Beverage Association

Food Handling Certification
47 South Pennsylvania St, Suite 702
Indianapolis, IN 46204
Phone: (317) 634-4384 or
(800) 843-5288
Email: kblakeley@indianalba.com
Web: www.indianalba.com
Contact: Kimberly Blakely

Purdue University

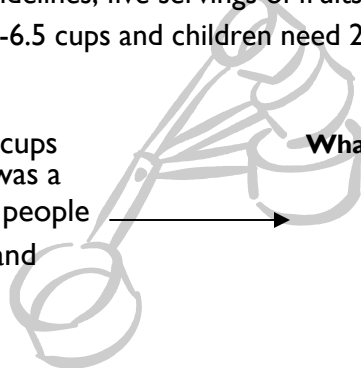
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745 Agriculture Mall Dr.
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Web: www.foodsci.purdue.edu/outreach/retailfoodsafety/

Fruit & Veggies - More Matters™



Eat more fruits & vegetables! To help you do just that, the Centers for Disease Control and Prevention and the Produce for Better Health Foundation (PBH), have partnered with many other organizations to launch a new public health initiative **Fruits & Veggies-More Matters™**. It replaces the 5-A-Day campaign. As a result of the latest USDA and DHHS Dietary Guidelines, five servings of fruits and vegetables is not enough. Adults need 3.5-6.5 cups and children need 2-5 cups of fruits and vegetables a day!

Daily servings were changed to cups because it was found that cups was a more understandable tool to help people visualize the amount of fruits and vegetables they should eat.



What is equal to a cup?

1 large orange

1 ear of corn

1 large potato

What is equal to 1/2 cup?

½ cup of grapes

6 baby carrots

4 large strawberries

Benefits:

There are many benefits of eating fruits and vegetables, including possible defense against obesity, heart disease, type 2 diabetes and cancer. They are also naturally low in sodium, calories, cholesterol, and mostly fat-free. All forms of fruits and vegetables provide good nutrition. Consider canned, dried, fresh or frozen varieties. Also, remember that juices don't always provide the benefits found in the whole forms of fruits and vegetables. If juice is a part of the diet, make sure that it is 100%!

Eat a rainbow!

It's important to eat a variety of different colors of fruits and vegetables each day.

Eating various colors of fruits and vegetables helps provide a variety of vitamins, minerals and other cancer fighting substances in the diet. For example, start by eating something red at breakfast, such as adding strawberries to your morning cereal. As you move through the day, choose fruits and vegetables from each of the colors of the rainbow.



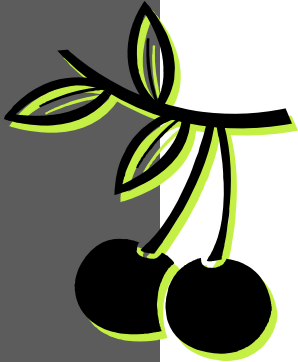
Tips on how to increase fruits and vegetables in the diet:

- o Add vegetables to soups, stews, casseroles and sandwiches.
- o Add fruit to low-fat or fat-free yogurt and add granola.
- o Add vegetables to your morning egg omelet.
- o Have fruit or vegetables as a mid-morning snack.
- o Top toast with peanut butter and sliced bananas.
- o Dip fresh cut veggies in low-fat dips.
- o Add peaches to cottage cheese.
- o Don't forget about canned fruits and vegetables – they are portable.
- o Remember, aim for the most color on your plate!



For more information visit: www.fruitsandveggiesmorematters.org

In the Kitchen with **CHERRIES!**



Why Eat Cherries?

Cherries pack a health promoting punch. They are a rich source of cancer-fighting agents and have been found to have pain relieving properties. In addition, cherries are an excellent source of Vitamin A and can help fight heart disease. Plus, they are sodium, cholesterol and fat free.

Fun Fact!!

1/4 cup of dried cherries counts as one serving of fruits and vegetables for the day.



Tips and Storage for Cherries:

Dried:

- o Dried cherries are ready to eat right out of the package.
- o Make into a trail mix using nuts, granola and other dried cereals.
- o Add to stuffing, cereals, salads and baked goods such as cakes, muffins and cookies.
- o Store unopened dried cherries in a cool, dry place. Use within 12 months.

Frozen:

- o Use in baked desserts (pies, crisps, muffins, cookies) and dessert sauces.
- o Store frozen cherries in the freezer for up to 4 months.
- o After thawing, store in a covered container in the refrigerator & use within 2-4 days.

Canned:

- o Use in baked desserts (pies, crisps, muffins, cookies) and dessert sauces.
- o Store canned cherries in a cool, dry place for 12 to 18 months.
- o After opening, store in a covered container in the refrigerator & use within 2-4 days.

Source: Adopted for use from the University of Illinois Cooperative Extension

CHERRY RECIPES



Oat Bran Muffins

Serving Size: 1/12 of recipe
Yield: 12 servings

- 2 1/4 cups oat bran
- 1/4 cup firmly packed brown sugar
- 1 1/2 teaspoon cinnamon
- 1 Tablespoon baking powder
- 1 egg
- 1/2 cup orange juice
- 3/4 cup nonfat milk
- 2 Tablespoons canola oil
- 1 mashed banana
- 3/4 cup applesauce
- 2 Tablespoons dried cherries

Cost:

Per Recipe: \$ 2.36
Per Serving: \$ 0.20

Preparation:

1. Preheat oven to 425° F
2. Mix the first four dry ingredients. Set aside. Mix the egg with orange juice, milk and oil. Mix fruit and blend with dry ingredients.
3. Add the liquid ingredients to the dry until it is moist.
4. Spray muffin tin with a non-stick coating. Pour batter into muffin tins.
5. Bake for 15-17 minutes. Remove muffins from pan after 10 minutes. Cool on a rack. Freeze muffins for later use.

Source:

Adapted from:
Healthy Eating for Older Adults
Utah State University Cooperative Extension



Cherry Sandwich

Serving Size: 2 servings

- 1/4 cup dried cherries
- 1/4 cup cottage or cream cheese
- 4 slices bread

1. Chop dried cherries, and mix with the cheese.
2. Spread mixture between two slices of bread.

Source: Adapted from USDA



Cherry Apple Salad

Serving Size: 4 servings

- 4 peeled, diced apples
- 1/2 cup dried cherries
- 1-8 oz. Pkg. frozen whipped topping
- 1 cup miniature marshmallows
- Sugar to taste

1. Mix apples and cherries.
2. Thaw topping and fold into fruit.
3. Stir in marshmallows and sugar to taste.
4. Pile lightly into a serving dish and decorate with cherries.

Source: Adapted from USDA
Commodity Foods

National Hunger Awareness Day 2007

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

TAKE ACTION!!

On June 5, 2007 communities across Indiana remembered more than 35 million Americans suffering from hunger or food insecurity by recognizing Hunger Awareness Day.

In its 6th year, this day served as a platform for domestic hunger-relief organizations to raise awareness about hunger in America. The theme of this year's celebration was "The Face of Hunger Will Surprise You."

The America's Second Harvest Network is the nation's largest charitable hunger-relief organization. The organization commemorated Hunger Awareness Day 2007 through interfaith services, donor events, and public policy activities.



Local Hunger Awareness Events :

- ◆ On March 6, 2007 U.S. Sen. Dick Lugar met with representatives of the Indiana School Nutrition Association to discuss federal child nutrition programs in schools.
- ◆ On February 27, 2007, U.S. Sen. Dick Lugar introduced the Good Samaritan Hunger Relief Tax Incentive Extension Act. It will expand provisions that allow farmers and small business owners to receive a tax deduction for donating food and products to food banks, pantries and homeless shelters.
- ◆ On April 19, 2007 the Student Humanitarian Organization of West Lafayette, IN and Purdue University's War on Hunger took part in the "Skip a Meal, Save a Child" campaign. They asked community members to fast for lunch and/or donate the \$5.00 that they would typically spend on a lunch to hunger organizations.

HOW YOU CAN HELP:

- ◆ Raise awareness by sponsoring an event or volunteering at your local food bank. Together, we can and will create a hunger-free America.
- ◆ Contact your local Purdue Cooperative Extension office for a list of their efforts in the fight against hunger: 1-888-EXT-INFO.

LOCAL EVENTS

Hunger Awareness Day 2007 Events

Second Harvest Food Bank of East Central Indiana

Tailgate distributions took place in all eight counties in the food bank's service area of east central Indiana. People in need of food assistance met the tailgate truck at eight area locations to receive food.

"Putt"ing an End to Hunger:

Gleaners Food Bank

Took place on Saturday, June 14th at IronWood Golf Course in Indianapolis at 1pm. For more information: call Carrie Fullbright at 1-800-944-9166 ext. 104

Terre Haute Catholic Charities

Pancake and Sausage Breakfast

Took place on Tuesday, June 5th from 8-10:30am at 1356 Locust Street Etling Hall in Terre Haute.

Gleaners Food Bank 1st Annual CANstruction

The design & building of structures made entirely from canned foods took place on June 4th at 2pm. For more information call: Sloan Shockley at 1-800-944-9166 ext. 118



FRUITS AND VEGETABLES: FROM THE FARMER'S MARKET



If you are eating fresh food from the Farmers' Market this summer, be sure that you know how to properly care for your fruits and vegetables.

Handling Fresh Produce

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 that have been stored in the refrigerator after 3 to 4 days

Preparing:

- ◇ Wash all fresh fruits and vegetables with cool running tap water immediately before eating
- ◇ Scrub firm produce such as melons and cucumbers with a clean produce brush
- ◇ Remove and discard outer leaves of lettuce
- ◇ Use two separate cutting boards to avoid cross-contamination
 - Use one for raw meats and the other for fruits and vegetables

For more information visit: www.homefoodsafety.org or contact your local health department.

Purdue University Cooperative Extension Information

**Purdue University Cooperative
Extension Service**

Purdue Extension

Knowledge to Go

1-888-EXT-INFO

www.ces.purdue.edu/index.htm

**Purdue University Cooperative Extension
Educators can assist you and your facility.**

**They offer cooking demonstrations, ServSafe
classes and food and nutrition resources.**

Local county office information:

www.ces.purdue.edu/counties.htm

Or call: 1-888-398-4636

Indiana's Food for the Hungry

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E-mail: lpalmer@purdue.edu

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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Formally known as "Safe Food for the Hungry"

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

S U M M E R 2 0 0 7

This newsletter is created by faculty and Cooperative Extension Service staff in the Department of Foods and Nutrition at Purdue University, with funding provided in support of the USDA TEFAP (The Emergency Food Assistance Program).

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On the Web!
www.cfs.purdue.edu/safefood