



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

WINTER 2007



Ask the Expert: How long can we keep this food for our clients?



Emergency food assistance programs are always challenged with the question about food—How long can I keep it? Like many answers, it depends on a few factors: the type of food, length of time the food sits on the shelf, the temperature of the food, and the packaging type.

While all of these factors cannot be controlled, there are guidelines to follow.

Dry Foods:

- Store foods in cool places away from heat sources.
- Distribute foods starting with the oldest foods first.
- Store foods only as long as the recommended date on the package so they do not lose quality, color and flavor.

Perishable Foods:

- Store foods at 40°F and below.
- Check refrigerator temperatures with a thermometer regularly.
- Give out perishable foods quickly. Don't depend on maximum storage time.
- Store frozen foods at 0°F or lower.

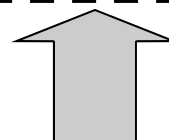
The reproducible handout in this newsletter offers recommendations for storing different types of food and what the dates mean on the package. Remember, **"When in doubt, throw it out"**.

Ask the expert:

Future questions for the newsletter related to nutrition and food safety can be mailed or e-mailed to:

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One question will be featured for each future newsletter.



**COMING
SOON!**

Look for the new color format of the next newsletter.

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Look for the free reproducible insert inside!

So Long, But Not Farewell: Marsha McGraw 27 years of service



Marsha McGraw

After 27 years of service to the State of Indiana, Marsha McGraw is retiring. She leaves the office of Grant Services with a smile knowing that she impacted so many people's lives. Growing up in the grocery business, Marsha was surrounded by food from the start. She recalls sorting pop bottles and polishing apples at age 6 in her parent's store. By age 16, she was managing the store in her parent's absence.

In 1980 Marsha joined the office of Community Services which later became Family and Social Services Administration. Soon after, the food

component was added as a permanent program and in 1989 she took over her present position as the CSFP/TEFAP Specialist for the State of Indiana. In July 2006, the food programs and Marsha were transferred to Lt. Governor Rebecca S. Skillman's Family of Business.

Marsha has been an advocate for "client choice" from the beginning. When it started 11 years ago, Marsha remembers seeing food items lying in the streets outside food pantries and could find pantries by the trail of food that had been discarded. Now that people are able to make personal decisions about the food items they prefer, she is satisfied knowing that clients can make a meal from the foods THEY choose.

When asked what she will miss most about her position as CSFP/TEFAP Specialist, she did

not hesitate to respond with, "the people!""I will miss the workers and volunteers – everyone who gives their time to the Emergency Food Assistance Program across Indiana and the nation. Without them we would not have a program that provides a basic necessity of life."

In retirement, Marsha plans to spend time with her grandchildren and get involved with after-school childcare. She is even considering part-time work at the YMCA.

Please join us in congratulating Marsha for 27 wonderful years of service and a farewell wish for a joyous retirement!



Purdue University Cooperative Extension

A Resource in Your Community

Purdue Extension trained nutrition professionals can assist with:



Nutrition lessons



Food demonstrations

To partner with Purdue Extension, contact:

www.ces.purdue.edu/counties.htm or 1-888-398-4636

Purdue Extension

Knowledge to Go

1-888-EXT-INFO



Soup's On!

A hot bowl of soup is a great way to warm up on a cold winter day! Soup can be healthy, hearty and cost very little. Soups can be made out of almost anything you have on hand.

Make Soups Work for You!

Save Money:

- ⇒ Use leftover meat.
- ⇒ Use leftover vegetables.
- ⇒ Add rice or pasta to stretch a soup.
- ⇒ Use carrots, potatoes or cabbage because they are available at any time of the year.

Save Time

- ⇒ Use frozen vegetables.
- ⇒ Use canned rather than dried beans.
- ⇒ Use recipes with few ingredients.
- ⇒ Prepare ahead of time. Make an extra batch and freeze for later use.
- ⇒ Use one pan for all steps.

Make Soups Healthier!

Cut the Fat:

- ⇒ Use non-fat or 1% milk instead of whole milk when making a cream soup.
- ⇒ Puree some of the broth and vegetables from the soup. Return to the pot to thicken.
- ⇒ Use low-fat cheese in soups or as toppings.
- ⇒ Substitute evaporated non-fat milk for cream.

Reduce the Sodium:

- ⇒ Use low sodium soup bases.
- ⇒ Increase the flavor with lemon juice or vinegar.



Hearty Ham and Bean Soup

1 can (15 oz) (navy, great northern, pinto, black)
 1/2 pound cut-up ham
 1 cup chopped onions 1/4 tsp pepper
 3/4 tsp basil, oregano, garlic 1/2 tsp salt
 3 cups of water
 1 1/2 cups or 16 oz can (any combination of
 carrots, potatoes, celery, corn)

Pour water and undrained beans in a saucepan and add remaining ingredients. Bring mixture to a boil and reduce heat. Simmer covered for about 1 hour or until beans and vegetables are tender. Chop meat and add to soup. Add salt, pepper and seasonings to taste.

Makes 8 one cup servings

Minestrone Soup

1 can (15 oz) or 1/4 cup dried beans (navy, great northern, pinto, kidney, garbanzo beans)
 1 1/2 cup fresh or frozen vegetables
 2 cups vegetable broth 1/4 cup macaroni
 1/4 cup chopped onion 1 clove minced garlic
 1 1/2 tsp basil, oregano 1/8 tsp black pepper
 1 (15 oz) can of tomatoes

Combine beans, broth, onion, garlic, herbs and pepper. Bring to a boil. Reduce heat, cover and simmer for 2 hours. Add undrained tomato, vegetables and macaroni. Bring to a boil, reduce heat and simmer until tender (about 10-20 min). Sprinkle with cheese if desired.

Makes 5 one cup servings

Preparing for a Disaster

In the event of a disaster, America's Second Harvest operates in conjunction with local emergency food assistance programs to distribute food and other essential items. National and local programs are required to be equipped to quickly and efficiently provide food, water and supplies in response to an emergency.

The knowledge of the staff is a critical lifeline for areas of devastation following a disaster. A strategic response plan is suggested for each agency. Work with federal, state and local organizations to develop a plan.

Disasters will happen—are you ready to respond?



Supplies Needed For Disaster Response

These products should be on hand for a disaster:

Food Items:

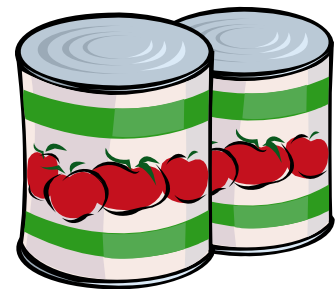
- Water
- Ice
- Bread
- Canned Goods
- Cereal
- Beverages
- Baby products (diapers, formula, baby Food)
- Peanut butter
- Produce (if available)

Non-Food Items:

- Can openers
- Paper plates
- Utensils
- Cups
- Blankets
- Cleaning supplies
- Paper products
- Hygiene products (shampoo, deodorant, toothpaste, toothbrushes, toilet tissue, soap)

Donated Items:

If a product is donated in a disaster situation, keep track of the product and where it goes. Also keep America's Second Harvest up to date on what products are on site.

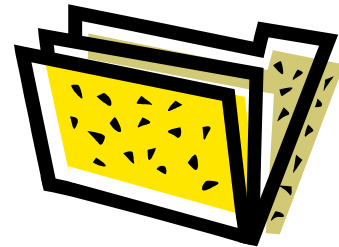


Source: Community Harvest Food Bank of Northeast Indiana: Employees Response to a Disaster, 10/07

Preparing Your Agency: Creating a Disaster Plan

It is important to prepare your agency for a disaster. Taking the necessary steps to create a plan will ensure quick and immediate action by employees and volunteers to provide support for victims.

- Educate employees and volunteers about the disaster plan.
- Have hard copies on hand of all important paperwork.
 - Telephone/communication information
 - Computer equipment & software information
 - Employee contact list
 - Equipment/machinery/vehicle information
 - Key contacts (accountant, bank, benefits administration, building information, utilities, FEMA, fire department, radio station, hazardous materials, homeland security, hospital, insurance agent)
- Create a “grab and go” bag with necessary paperwork and store in a safety deposit box.
- Designate a “disaster relief” pantry in each county.



Responsibilities of a Recipient Agency:

- Notify other area food banks
- Provide information to distribute to public
- Inform employees and volunteers of job duties, call-list

In the Event of a Disaster....

- Move to a safe place.
- Seek safety in the interior of a facility.
- Meet at a predetermined “meeting place” if a building evacuation is required.
- Take “roll call” of all employees and visitors.
- Notify employees of their functions and what they need to do.
- Activate the disaster plan.

Each Recipient Agency will determine:

What happened?

When did it happen?

What was the suspected cause?

What is the first responder’s response?

When will there be access to the building?

What are the security issues?



Be in the KNOW with 2-1-1



What is 2-1-1?

2-1-1 is an easy to remember telephone number that connects callers to information about critical health and human services available in the community.

Who Uses 2-1-1?

- Consumers with questions
- Non-profit organizations
- Volunteers
- Government (state and local)
- Communities
- People in need

What Services Does 2-1-1 Provide?

Referrals to human services, such as:

- Basic human needs resources
- Physical and mental health resources
- Support for children, youth and families
- Employment support
- Support for older Americans and persons with disabilities
- Volunteer opportunities

Get the Word Out:

- 2-1-1 calls are free to the caller.
- 2-1-1 is available in 64 Indiana counties.
- Provide the 2-1-1 number to clients.
- Provide 2-1-1 with your agency's information.



As of June 2007, 2-1-1 serves approximately 198 million Americans or 65% of the U.S. population. By the end of 2008, 80% of the population is expected to have access to 2-1-1.

For more information, log onto: www.in211.org



Be Committed to Respecting Privacy

All information about a client or employee involved with an emergency food assistance program in the state of Indiana is considered confidential.

- Protect the privacy and security of personal information.
- Do not disclose personal data about clients.
- Never speak about a client outside of the facility.
- Only share information about clients on a need-to-know basis.
- Do not share or exchange client information with any organization or individual.



Handling Holiday Leftovers

Holidays are a time for giving and thinking of others. You may find a lot more food is donated or provided to emergency food assistance programs during the months of November and December.

For the safest holiday season, handle leftovers wisely!

Refrigerate your leftovers within two hours from the time of service.

- ◆ Two hours is the maximum time perishable foods should be at room temperature.

Perishable foods include:

- ◆ Meat, poultry and seafood
- ◆ Dairy products
- ◆ Cooked pasta, rice and vegetables
- ◆ Fresh, peeled and/or cut vegetables

Cool leftovers quickly in shallow containers in your refrigerator.

- ◆ Refrigerate and cool leftovers in shallow containers; limit food depth to about 2 inches.
- ◆ Cover containers loosely so the food cools faster, then, cover them tightly when they are cool.
- ◆ Cold leftovers such as salads and pies should be covered and refrigerated immediately.
- ◆ Store packages of raw meat, poultry or seafood on the bottom shelf of your refrigerator so juices don't drip onto other foods.
- ◆ Foods keep best if your refrigerator temperature is 40°F or less.

Eat leftovers within one or two days or freeze them for longer storage.

- ◆ For best safety and quality, eat leftovers in 1-2 days, or freeze them at 0°F.
- ◆ Thaw frozen leftovers in the refrigerator or in your microwave.
- ◆ If food is thawed in the microwave, cook it right away.

Reheat leftovers to 165°F.

- ◆ Reheat leftovers to 165°F until steaming hot throughout.

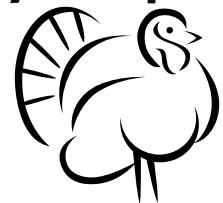
When in doubt, toss leftovers out.

- ◆ You cannot see or smell most bacteria—WHEN IN DOUBT, THROW IT OUT!

Not sure what to do with leftover turkey? Make Turkey Soup!

1 can (16 ounce) tomatoes
4 cups reduced-sodium chicken broth
1/2 teaspoon salt
1/4 teaspoon pepper
1 cup onion, chopped

1 cup carrots, peeled, and thinly sliced
4 cups cabbage, thinly sliced
2 cups cooked turkey (cubed)
1/2 cup pasta (any variety)



In a saucepan, over medium heat, combine tomatoes, chicken broth, salt, pepper, onion and carrots. Bring to a boil, stir occasionally. Reduce heat to low and simmer 10 to 15 minutes, stir occasionally. Add cabbage, turkey and pasta. Stir and return to boil 5 to 10 minutes or until cabbage and pasta are tender.

Recipe provided by The National Turkey Federation

Makes 8 one cup servings

How to Prepare and Store VENISON

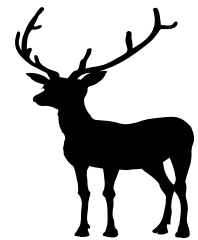
Venison offers variety and flavor to the fall and winter table. When prepared properly, it can make an excellent meal. Venison contains little or no fat. The key to cooking venison is to keep it tender and moist.

Venison Cooking Tips

- Maintain proper food safety techniques when cooking with venison. Wash hands and keep raw meat and cooked meat separate.
- Add butter or cheese, or baste with other fats for increased flavor.
- Cook venison slowly using moist heat and baste often with a marinade sauce or oil to prevent it from drying out.
- Don't overcook. Wrap in aluminum foil after browning or cover in a roasting pan.
- Cook ground meats, chops, steaks and roasts to 160°F.
- Look for recipes where venison can be substituted for other meats (for example, substitute venison for beef in stew).

Freezing Venison

- Store ground venison in a freezer at 0°F or colder for 3-5 months.
- Store venison roasts and steaks at 0°F or colder for 6-12 months.



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