



INDIANA'S FOOD FOR THE HUNGRY

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

DECEMBER 2008



Ask the Expert: What are some ways that clients can decrease fat and calories when baking?

Expert Answer:

Usually foods that are baked like cakes, breads and cookies are high in fat and calories. But there are ways that you can reduce the fat and still have a tasty and acceptable product.

Fat not only adds flavor to a recipe but also helps with the texture of the food. So, it is important to be careful what food you substitute and how much is used.

One ingredient that is often recommended as a fat substitute is applesauce. Applesauce does not have a pronounced flavor or color that would greatly change the baked product.

The more applesauce used for oil, the more difference you will see in your finished product. Try substituting about 1/3 of the oil first with applesauce, and then alter the amount as needed. This usually works best with foods like breads, cakes, etc where the fat used is a liquid fat like oil. In baked items using margarine or butter, the texture of the food relies on the solid fat so it is harder to substitute with applesauce.

According to the University of Illinois, the following combination of oil and applesauce is recommended to reduce fat without giving up texture.

Amount of oil called for in recipe	Use this much oil	Use this much applesauce
1 ½ cups	½ cup	1 cup
1 cup	1/3 cup	2/3 cup
¾ cup	¼ cup	½ cup
½ cup	2 ½ Tbsp	1/3 cup
1/3 cup	1 ¾ Tbsp	3 ½ Tbsp

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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IN THIS ISSUE...

Ask the Expert: Baking with Applesauce	1
Food Safety: Wash Hands and Surfaces to Stay Healthy	2
Eating Right: Make a Date with Dates	3
In the News: Food Stamps has a New Name	4

Wash Your Hands and Surfaces to Stay Healthy

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. Every year in the United States, an average of 5% to 20% of the population gets the flu; more than 200,000 people are hospitalized from flu complications; and about 36,000 people die from flu.



Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others.

What's best for cleaning hands?

It is best to wash your hands with soap and clean running water for 20 seconds. However, if soap and clean water are not available, use an alcohol-based product to clean your hands.

When washing hands with soap and water:

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend!
- Rinse hands well under running water
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet

When using an alcohol-based hand sanitizer:

- Apply product to the palm of one hand
- Rub hands together
- Rub the product over all surfaces of hands and fingers until hands are dry.

When should you wash your hands?

- Before preparing or eating food
- After going to the bathroom
- After changing diapers or cleaning up a child who has gone to the bathroom
- Before and after tending to someone who is sick
- After blowing your nose, coughing, or sneezing
- After handling an animal or animal waste
- After handling garbage
- Before and after treating a cut or wound

Clean surfaces often:

Wash cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food.



Some people, such as older people, young children, and people with certain health conditions (such as asthma, diabetes, or heart disease), are at high risk for serious flu complications.

Adapted from the Centers for Disease Control and Prevention



Make a Date with Dates!

Did you know?

- In the Middle East, dates have been a staple for centuries. Ancient Mesopotamians cultivated the fruit and its origins lie in or around the Persian Gulf.
- A date is a single seed bearing fruit from the date palm tree which can take up to ten years to produce enough fruit for harvest.
- When unripe, dates can be bright yellow or red in color, and when ripe are brown and shriveled, similar to a prune.
- There are several different varieties of dates grouped together into three main groups based on their sugar content - soft, semi-dry, and dry.

Storage:

- Dried dates can be stored in sealed container in refrigerator with a shelf life of up to one year.
- Freezing is also a storage option that allows for an even longer lifespan when kept in an airtight plastic bag or container.

Uses and Tips:

- Use dates like raisins in recipes such as salads, trail mix, baked products.

Nutrition Information:

- Low in saturated fat and sodium, no cholesterol
- High in vitamin C, manganese, iron and potassium
- Good source of fiber



Great Date and Orange Salad

Yield: 4 to 6 servings

Ingredients:

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| 5 Tbsp. orange juice | 2 Tbsp. vegetable oil |
| 1/2 tsp. cinnamon | 1 head of lettuce, shredded |
| 3 oranges, sectioned, sections cut in half | |
| 1 1/2 cups chopped dates | |

Preparation:

1. Mix the orange juice, vegetable oil, and cinnamon to make a dressing.
2. In a large bowl, combine the lettuce and fruits; toss with the dressing



Source: United States Department of Agriculture

Date—Oat Quick Bread

Yield: 12 servings

Ingredients:

- | | |
|------------------------------|--------------------------|
| 2 1/2 cups all-purpose flour | 2 1/2 tsp. baking powder |
| 3/4 tsp. salt | 1/2 cup sugar |
| 1/2 cup brown sugar | 1/2 cup rolled oats |
| 1 1/3 cups chopped dates | 1 egg |
| 1 1/4 cup low fat milk | 1 tsp. vanilla |
| 3 Tbsp. melted margarine | |

Preparation:

1. Preheat oven to 350 F
2. Mix flour, baking powder, and salt in large bowl, add sugar. Stir in oats and dates.
3. In a small bowl, beat egg with milk; stir in melted margarine and vanilla.
4. Add to flour mixture and stir until evenly moist. Pour into 9x5x3 inch loaf pan.
5. Bake for 55-65 minutes, or until a toothpick inserted in center comes out clean.

Source: United States Department of Agriculture

Food Stamps is now called the Supplemental Nutrition Assistance Program (SNAP)



What's New?

- As of Oct. 1, 2008, *Supplemental Nutrition Assistance Program* (SNAP) is the new name for the federal *Food Stamp Program*.
- The new name reflects a focus on nutrition and putting healthy food within reach for low income households. Changes have been made to make the program more accessible.
- Although SNAP will be the national name, Indiana has not yet decided on a name.
- SNAP helps low-income people and families buy the food they need for good health. Benefits are provided on an electronic card that is used like an ATM card and accepted at most grocery stores
- Through nutrition education partners such as the Family Nutrition Program and the Expanded Food and Nutrition Education Program, SNAP helps clients learn to make healthy eating and active lifestyle choices.

Visit: www.fns.usda.gov/fsp for more information



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