



# INDIANA'S FOOD FOR THE HUNGRY

A Newsletter for the Staff and Volunteers of the Emergency Feeding Programs

APRIL 2012

## Ask the Expert:

### What child nutrition resources are available to parents visiting our feeding site?



Emergency food assistance sites are an ideal venue for educating parents and families on how to provide nutritious daily meals and snacks. Printed and online resources can serve as guidance for families as they make food selections during their visit. Here are a few ideas for how to feature educational nutrition resources for children at your facility.

- Provide age-appropriate handouts to parents that visit your feeding site, such as “Develop Healthy Eating Habits” available at: [www.choosemyplate.gov/preschoolers/healthy-habits.html](http://www.choosemyplate.gov/preschoolers/healthy-habits.html)
- Provide nutrition related activities for children during the visit such as the “MyPyramid for Kids Coloring Page” available at: [http://teamnutrition.usda.gov/resources/mpk\\_coloring.pdf](http://teamnutrition.usda.gov/resources/mpk_coloring.pdf)
- Offer healthy recipes to families available from the Indiana’s Food for the Hungry newsletter or download recipes from our website at: [www.cfs.purdue.edu/safefood/resourcesRecipesForm.asp](http://www.cfs.purdue.edu/safefood/resourcesRecipesForm.asp)

Other resources relevant to children include:

- **Health and Nutrition Information for Preschoolers** is a webpage to help parents and caregivers of children 2 through 5 years of age develop healthy daily food plans: [www.choosemyplate.gov/preschoolers.html](http://www.choosemyplate.gov/preschoolers.html)
- **Let’s Move!** is a comprehensive initiative launched by First Lady, Michelle Obama which gives parents helpful information and fostering environments that support healthy choices and helps children learn how to become more physically active: [www.letsmove.gov/](http://www.letsmove.gov/)
- **Bam! Body and Mind**, gives kids 9-13 years old the information they need to make healthy lifestyle choices: [www.bam.gov/index.html](http://www.bam.gov/index.html)

The insert included in this newsletter can be reproduced to educate parents about being a healthy role model by offering 10 tips for setting good examples

on how to develop healthy eating habits for life.

### We are looking for photos!

If you are willing to share photos or images from your agency that we can feature on our website, please contact us at: [safefood@purdue.edu](mailto:safefood@purdue.edu)

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# Food Safety for Children

Families with young children can use food safety information to help them prevent illness by using safe food handling practices when preparing food in the home or when selecting choices away from home. Here are some ideas and resources on how to keep it food safe.



## **Kids, Keep It Food Safe:**

- Keep books, book bags, and sporting equipment off of food preparation and eating surfaces such as counters or the kitchen table where germs could be transferred to the food you eat.
- Wash your hands. Hands carry lots of germs, and not washing hands is a top cause of foodborne illness. This is especially important after greeting your family pet, giving your pet a treat, or even touching your pet's toys.
- Wash fruits and vegetables with running tap water before eating them, even if you plan to peel.
- Always use a clean plate. Cooked foods should not be placed on the same plate that held raw meat, poultry, or fish.
- Do not leave cold items, like milk, lunch meat, hard cooked eggs or yogurt out on the counter at room temperature. Put these foods back in the refrigerator as soon as you have fixed your snack.

## **Food Safety Resources for Kids**

- **Food Safety Education for Kids and Teens** - activities and fact sheets tailored for kids and teens on how to learn about food safety: [www.fsis.usda.gov/education/For\\_Kids\\_&\\_Teens/index.asp](http://www.fsis.usda.gov/education/For_Kids_&_Teens/index.asp)
- **Thermy™ for Kids** - activities that help children learn and share Thermy's™ food safety rules: [www.fsis.usda.gov/food\\_safety\\_education/thermy\\_for\\_kids/index.asp](http://www.fsis.usda.gov/food_safety_education/thermy_for_kids/index.asp)
- **Fight Bac!** - Play games, listen to the songs, and solve the cases to become a Food Detective and help fight an enemy.....Bacteria! [www.fooddetectives.com/](http://www.fooddetectives.com/)

Source: United States Department of Agriculture

## **Food Recall Information**

For information about current and previous food recalls:

- FDA: <http://www.fda.gov/Safety/Recalls/default.htm>
- Food safety information provided by government agencies: [www.foodsafety.gov/keep/recalls/index.html](http://www.foodsafety.gov/keep/recalls/index.html)
- CDC's toll-free public inquiries hotline (1-800-CDC-INFO or 1-800-232-4636)

## Eating Right with Tomatoes

Tomatoes are low in calories and sodium and high in vitamin C. A ½ cup of tomatoes provides 20% of the daily recommended amount of vitamin C. Tomatoes are also a good source of vitamin A.



### **Storage:**

- Handle gently to avoid bruising.
- If tomatoes need to ripen, place them in a loosely closed paper bag at room temperature. Check daily.
- If a tomato develops mold, throw it away.
- When tomatoes are ripe, they can be served immediately or stored in the refrigerator. Ripe tomatoes will usually keep 2-3 days in refrigeration. For best flavor, bring tomatoes to room temperature before serving.

### **Uses and Tips:**

- Add flavor to tomatoes by seasoning with garlic, pepper, dried basil, or Parmesan cheese.
- Tomatoes can be used in a variety of soups, casseroles, stews, vegetable dishes, rice dishes, and main dishes.

Source: USDA Household Commodity Fact Sheet: [http://www.fns.usda.gov/fdd/facts/hhpfacts/New\\_HHPFacts/Veges/HHFS\\_TOMATOES\\_DICED\\_LOW-SODIUM\\_CANNED\\_A234\\_Final.pdf](http://www.fns.usda.gov/fdd/facts/hhpfacts/New_HHPFacts/Veges/HHFS_TOMATOES_DICED_LOW-SODIUM_CANNED_A234_Final.pdf)

### **Tomato Basil Bruschetta**

Yield: 12 servings

#### **Ingredients:**

- 4 ripe, tomatoes, chopped
- 1 garlic clove, minced
- 1 Tbsp dried basil
- 2 Tbsp vegetable oil
- 12 slices of loaf bread, cut into 1/2 inch diagonal slices

#### **Directions:**

1. Preheat oven to 400 degrees F.
2. Combine tomatoes, garlic, basil and oil in a bowl. Set aside.
3. Arrange bread on a baking sheet in a single layer. Bake about 5 to 7 minutes until it begins to brown slightly.
4. Remove bread from oven and transfer to a serving platter.
5. Serve the tomato mixture in a bowl with a serving spoon and let everyone help themselves, or place some on each slice of bread before serving.

Source: SNAP-Ed Connection recipe finder:  
<http://recipefinder.nal.usda.gov>

\* Underlining denotes commodity food ingredient

### **Pasta Primavera**

Yield: 3 servings

#### **Ingredients:**

- 1 cup noodles, uncooked
- 1 Tbsp vegetable-oil
- 1 can mixed vegetables
- 1 cup chopped tomatoes
- 1 Tbsp margarine
- 1/4 tsp garlic powder
- 1/8 tsp black pepper
- 3 Tbsp Parmesan cheese

#### **Directions:**

1. Cook noodles. While noodles are cooking, heat oil in a skillet.
2. Add vegetables and saute until tender; stir constantly. Add tomato and saute two more minutes.
3. Toss vegetables with noodles and margarine.
4. Add seasonings; sprinkle with Parmesan cheese.

Source: SNAP-Ed Connection recipe finder:  
<http://recipefinder.nal.usda.gov>



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

## **“Ask the Fresh Food Expert” Live Webinar on April 17, 2012**

Aaron Pleitner, food safety expert at Purdue University will speak about fresh food safety for emergency food programs on April 17, 2012 from 10 am to 11:15am. As in years past, we welcome your questions and insights. You may send questions before the webinar to ensure they are answered during the presentation by e-mailing them to [safefood@purdue.edu](mailto:safefood@purdue.edu) before April 10, 2012. Alternatively, you may ask questions or provide comments during the question and answer session that will follow the presentation. Instructions for submitting comments or asking questions will be detailed on the webinar website.



You will need access to a computer connected to the Internet to view and participate in the webinar. Enter the following website address into your web browser: <https://gomeet.itap.purdue.edu/ifhwebinar/>. Once you get to the webpage, you will see a box to enter your name and enter as a guest. Be sure to have your computer speakers on so you can hear the presentation when it starts promptly at 10 am.

We encourage food banks to provide a central location for individuals without computer access to view the webinar. Individuals that work or live near Purdue University in West Lafayette are welcome to watch the presentation on campus in Room 241 (auditorium) of Pfendler Hall. We look forward to “seeing” you at the webinar!