



INDIANA'S EMERGENCY FOOD RESOURCE NETWORK

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A NEWSLETTER FOR THE
STAFF AND VOLUNTEERS
OF EMERGENCY
FEEDING PROGRAMS

Ask the Expert: What tips do you have for losing weight?

A popular New Year's resolution is losing weight. The best way to reach this goal is by focusing on improving health for the long-term, rather than following a temporary diet. Here are some tips for making long-term changes.

Value small changes. Small adjustments will add up, especially in your calories. For example, choosing low-fat dressings for salads and avoiding sugar-sweetened beverages consistently will make a bigger difference than you think.

Watch portions and eat mindfully. Use MyPlate to help estimate serving sizes and achieve calorie balance. Try eating mindfully, which means being aware of what you are eating and how much. Enjoy your food and allow your body to feel full.

Make your calories count. Choose nutrient-dense foods, which include foods like beans and fruits and vegetables, and

avoid nutrient poor items like soda and sweets. Try planning meals around what fruits and vegetables you will include.

Take care of yourself. Practice stress management, engage in regular exercise, and get enough sleep.

Gather support. Making lifestyle changes is not easy and it takes patience and time. Friends and family can be valuable support during this time.

Having an idea of what your ideal weight should be can help you set goals for yourself. A quick estimation tool, the Body Mass Index (BMI), is a calculation based on your height and weight that provides a measure of body fat. Visit <http://www.eatright.org/bmi/#.ULzYj2HObs> for an easy adult calculator. BMI is fairly reliable for most adults, with the two main exceptions being athletes and the elderly. Slow and steady weight loss is best; drastic weight loss is appeal-



ing, but may be less likely to be sustained in the long-term. To get an idea of how many calories you should be eating, sign up for the free SuperTracker on ChooseMyPlate.gov.

Even if losing weight isn't a goal for you, using these tips to improve your diet is a healthy way to start the new year.

Sources: www.choosemyplate.gov;
<http://www.eatright.org/Public/>

Photo source: http://www.foodandhealth.com/clipart.php?cat=1&img=3_weightloss.jpg

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Food Safety:

First In, First Out

Balancing a food budget requires making sure food is not wasted. “First-in, first-out” (FIFO) is a systematic, effective food rotation method used to minimize waste. FIFO can be used in households, restaurants, food pantries, soup kitchens, food banks, or anywhere there is food preparation and/or distribution. FIFO is essential for food safety and helps keep food organized.

FIFO means that the oldest food (first in) gets used before newer products. This is very important for food safety because allowing older products to sit for extended periods of time increases the chances for bacterial growth and spoilage. For example, in this picture below, new milk cartons are loaded from the back, pushing previously new products forward for customers to take. FIFO applies to all foods, whether in the pantry or in the freezer.

Here are some ideas for practicing this method at home:

- Place new food items on a top or bottom shelf away from eye level and move older items to eye level so that they get used first
- Place new items on the left hand side of older products and remember to pull products for use only from the right hand side
- Stack new canned products underneath the older canned products
- Mark the purchase date on items so you know which items to use first



If you are a pantry, soup kitchen, or other food provider, it is necessary to use this food rotation method so that clients are always receiving the freshest products. Review your food acquisition and distribution system to make sure FIFO is being followed. Be sure that when following FIFO,

proper temperatures are maintained so food does not spoil. Remember, when in doubt, throw it out!

Canned Spinach

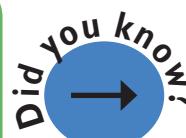
Canned spinach is inexpensive, versatile, and a valuable source of nutrients, such as Vitamin A, Vitamin K, folate, potassium, fiber, and Vitamin C. Choose canned spinach to add color, variety, and nutrients to your meals. The 2010 Dietary Guidelines recommend consuming a variety of vegetables, including dark green vegetables. Eating canned spinach can help fulfill this recommendation. Here are some ideas for using canned spinach. Consult with others for even more ideas!

- Melt low-fat cheese over the spinach
- Pair with seasonings like garlic, parmesan cheese, vinegar, or lemon juice
- Mix with meatloaf or mashed potatoes
- Stir-fry with vegetables you have on hand, like mushrooms, onions, peppers, tomatoes, and potatoes
- Use in dips and sauces, such as spinach dip and spaghetti sauce

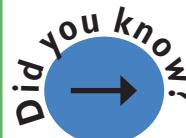
Add it to:

- Cream soups
- Casseroles
- Homemade pizza
- Tacos or enchiladas as a part of a filling or as a topper
- Egg dishes, like omelets and quiche

Sources: http://www.fns.usda.gov/fdd/facts/hhpfacts/New_HHPFacts/WBSCM/HHFS_SPINACH_CANNED100323Oct2012.pdf; <http://ndb.nal.usda.gov/ndb/foods/show/3453?fg=&man=&facet=&format=&count=&max=25&offset=&sort=&qlookup=canned+spinach>



In the Vegetable group for the MyPlate model, a 1/2 cup of canned spinach counts as a 1/2 cup serving.



There are different kinds of canned spinach: whole leaf, cut leaf, sliced, and chopped.



Choose low-sodium options if available. When using canned spinach, drain off the excess water and rinse to reduce sodium.

Photo source: Desandies, Manye. spinach1.jpg. 2004. Pics4Learning. Jan 2013. <<http://pics.tech4learning.com>>

SAVORY SPINACH SOUP

Ingredients

- | | |
|---|---|
| • 2 T olive oil | • 3 cups chicken broth |
| • 1 medium or large onion, diced | • <u>1 can spinach (15.5 ounces)</u> , drained |
| • 1 link cooked smoked sausage (6 to 7 ounces), diced | • <u>1 can diced tomatoes (15.5 ounces)</u> , drained |
| • 3 cloves garlic, minced | • <u>1 can corn (15.5 ounces)</u> , drained |

Instructions

- In a large saucepan, sauté onion and sausage in oil on medium heat until onions are almost clear. Add garlic and sauté for about 1 minute.
- Add broth and heat to boiling. Add spinach, tomatoes, and corn. Reduce to simmer; simmer for 5-10 minutes.

Optional: try bacon, chicken, or ham of low-sodium and reduced-fat varieties instead of sausage. Add a can of beans, (ie. cannellini beans), or use instead of meat.

Yield: 4-6 servings

Optional: add garlic, onions, or Italian seasoning to the sauce or spinach, add more vegetables like squash, or try different noodles.

SPINACH LASAGNA

Ingredients

- | | |
|---|---|
| • <u>2 1/2 cups spaghetti sauce</u> | cup and 1 cup portions |
| • 1/4 cup parmesan cheese, grated | • 1 container (16 ounces) ricotta or cottage cheese |
| • 3 cups (12 ounces) shredded mozzarella cheese, divided into 2 | • 9 lasagna noodles |
| | • <u>2 (15.5 ounces) cans</u> spinach, drained |

Instructions

- Preheat oven to 375 degrees Fahrenheit. Cook lasagna noodles according to package directions.
- Combine 2 cups mozzarella cheese, ricotta (or cottage) cheese, and parmesan cheese in a medium bowl.
- Heat spaghetti sauce in saucepan.
- Pour 3/4 cups sauce in 13x9-inch pan; arrange 3 pieces pasta over sauce.
- Pour 1/2 cup sauce over pasta; spread 1 can spinach over sauce; spread with half cheese mixture. Lay down 3 more pieces of pasta and repeat layers. Top with pasta and remaining sauce; sprinkle with additional parmesan cheese, if desired.
- Cover with foil and bake 1 hour. Sprinkle with remaining mozzarella cheese. Let stand for 10 minutes before serving.



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IN THE NEWS

“Build a Cookbook” feature added to Snap-Ed Connection’s Recipe Finder

The Recipe Finder tool on the Snap-Ed Connection website now has an added feature that is sure to help clients organize their preferences--the Cookbook Builder! This tool allows clients to add their favorite Recipe Finder recipes to their own customized cookbook that can be viewed in a PDF or printed. The tool also comes with preloaded cookbooks based on categories, such as “Fruit and veggie recipes” or “Older adults.”

This tool is not only useful for clients, but anyone who uses the Recipe Finder, including food pantries, food banks, soup kitchens, and Extension and Family Nutrition Program offices.

You can view and use this tool at: <http://recipefinder.nal.usda.gov/cookbook>

Photo source: http://www.burningwell.org/gallery2/v/Objects/food/ChoppedVeg2.jpg.html?g2_imageViewsIndex=1

