Ask the Expert:
What is The Scientific Guidance for Alcohol Intake?
Written by Quynh Nguyen, Professional Student in College of Pharmacy, Purdue University

The active ingredient in alcoholic beverages is ethanol. The effects of ethanol on the body may differ depending on how much a person drinks.

So, what counts as a “drink”? The definition of a “drink” varies by the amount of alcohol contained in each type of beverage. In the U.S., a drink usually equals 12 ounces of beer (5% alcohol), 5 ounces of wine (12% alcohol), or 1.5 ounces of spirits (40% alcohol), but it is also important to pay attention to the percent of alcohol contained in each of these beverage types. The percent alcohol estimates for these diverse beverage types are not always the same for all beers, wines, or spirits. The Dietary Guidelines also do not recommend non-drinkers to start drinking.

The benefit of moderate drinking is not clear. Past studies have indicated that moderate drinking has health benefits, but recent studies show these findings may not be true. Since other factors like genetics and behavioral differences can play a role in health outcomes, it is not possible to conclude that moderate drinking has a positive impact on a person’s health.

However, it is quite clear that drinking “excessively” or above moderate levels increases short-term risks like injuries, violence, and chronic health issues such as certain types of cancer. Therefore, if you choose to drink, do so in moderation.

Source and photo: https://www.cdc.gov/alcohol/fact-sheets/moderate-drinking.htm
Food Safety:
Food Safety After a Fire

Written by Kristen Herrera, Undergraduate Student in Department of Pharmaceutical Sciences, Purdue University

Cooking is a leading cause of home fires and the incidence is higher during major holidays. Foods are unsafe to consume if they are exposed to the strong heat, smoke fumes, and chemicals involved in house fires and putting out house fires. The outer appearances of food products may appear undamaged, but the food may be unsafe because heat exposure can allow harmful bacteria to grow. The fumes released from burning objects and chemical agents may also contaminate food.

Discarding damaged and contaminated foods lowers the risk of illnesses caused by eating something that has been exposed to harmful chemical compounds. Damaged foods may include items that were packed in permeable materials like cardboard, plastic, screw-top typed jars, and bottles. Dried foods like grains, cereals, sugar, and food stored at room temperature and in fridges and freezers should also be thrown out if they were exposed to the heat of a fire.

Food items that may be considered safe may be found in undamaged, unopened, and waterproof airtight metal cans. Canned items and metal cookware can be decontaminated and sanitized by boiling for two minutes or being placed in a mild bleach solution made of 1 teaspoon of bleach per 3 cups of water.

Some other suggestions that you can follow to reduce the chances of home fires from happening:

• Don’t leave frying, grilling, or broiling food unattended.
• Use a timer as a reminder to check on items.
• Avoid wearing loose clothing that can catch on fire.
• Supervise young children and pets.
• Keep flammable items such as plastic bags and pot holders away from heat sources.
• Keep kitchen areas clean to prevent grease fires.

Make Celebrations Fun, Healthy, and Active
Written by Alejandra Mencia, Food Scientist, M. Sc.

Celebrations with friends and families are good times to get together and have fun. Choose MyPlate has several tips to promote healthy and active family occasions.

1. **Make healthy habits part of your celebrations**: Eat healthy foods. Engage in activities that keep people moving such as dancing and frisbee, soccer, football and playing tag.
2. **Make food look fun**: Get creative with the shapes and colors of the foods.
3. **Offer attractive thirst quenchers**: Add pieces of fruits to make drinks look fun.
4. **Savor the flavor**: Use a variety of ingredients.
5. **Try out healthier recipes**: Let ChooseMyPlate.gov be your guide to cut back on added sugars, salt and saturated fats. For example, offer whole-wheat crackers, bean dips, vegetable trays, yogurt, oats and fruits parfaits.
6. **Encourage your family and friends to participate**: Ask your guests to bring healthy dishes and to help with games.
7. **Shop and eat smart**: Buy in-season produce when it is fresh and least expensive.
8. **Be a good example for your children**: regarding eating healthy foods and building an active lifestyle.

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**Deep Dish Apple Cranberry Pie**

**Ingredients (10 servings)**
- 4 apples (large, peeled, cored, and sliced)
- 2 1/2 cups cranberries (fresh or frozen)
- 3/4 cup sugar
- 1/4 cup flour (all purpose)
- 1 teaspoon apple pie spice
- 1 pie crust (prepared)

**Directions:**
1. Stir all ingredients (except for the pie crust) together in a medium sized mixing bowl and place in a 10-inch deep dish pie pan.
2. Place one pie crust on top of the fruits. Cut 3 or 4 slits to allow the steam to escape.

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**Waldorf Salad**

**Ingredients (6 servings)**
- 1/4 cup walnuts (chopped)
- 2 apple (cored and diced)
- 1 cup celery (diced)
- 1/2 cup raisins
- 1/4 cup plain yogurt, non-fat
- 1 teaspoon sugar
- 1 teaspoon lemon juice

**Directions:**
1. Preheat oven to 350 degrees.
2. Place chopped walnuts on a baking sheet and bake for 12-15 minutes. Stir occasionally until they are evenly toasted.
3. Combine apples, celery, nuts, and raisins.
4. Stir together yogurt, sugar, and lemon juice. Pour over apple mixture and toss lightly.
5. Refrigerate leftovers within 2 hours.

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**Recipes Source:**

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**Nutritional Information**

**Deep Dish Apple Cranberry Pie**
- Per serving: 240 Calories, 1g Total Protein, 42g Total Carbohydrate, 3g Total Dietary Fiber, 24g Total Sugars, 8g Total Fat, 2g Total Saturated Fat, 115mg Sodium

**Waldorf Salad**
- Per serving: 110 Calories, 2g Total Protein, 18g Total Carbohydrate, 2g Total Dietary Fiber, 15g Total Sugars, 4g Total Fat, 0g Total Saturated Fat, 25mg Sodium

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IEFRN Welcomes New Editor!

We are pleased to introduce Ashlyn Burns as the new editor of Indiana’s Emergency Food Resource Network (IEFRN) newsletter starting January 2017. Ashlyn is a first-year Master of Public Health student with a concentration in Environmental Health. She graduated from Purdue University in May 2017 with a Bachelor of Science in Entomology, a Certificate in Entrepreneurship & Innovation, and a minor in English, Creative Writing, and Forensic Science.

Ashlyn’s interest in food insecurity began to foster as she worked on an independent research project using insects as an alternative food source. She started her own company, Bugbite LLC, which produces flour from insects to combat food insecurity. She also worked for the Department of Nutrition Science at Purdue University from August to November 2017 as a data collector for the Voices for Food research project. This project allowed her to gain a better understanding of food security issues and real world experience working in food pantries and an emergency food setting.

Ashlyn is looking forward to learning more about food insecurity, nutrition, and health as the new IEFRN newsletter editor. Feel free to reach out to Ashlyn at burns78@purdue.edu if you have any questions or comments about the newsletter.