As the Expert:
What is The Emergency Food Assistance Program?

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

The Emergency Food Assistance Program, or TEFAP, is a federal program administered through the U.S. Department of Agriculture which provides free supplemental food assistance through food banks and food pantries. The food is then distributed to low income households and individuals. The program was created in 1981 as a way to support agricultural markets and provide emergency food to those in need. Later on, the Hunger Prevention Act of 1988 put aside protected funding to purchase foods for TEFAP.

The program works by giving these special TEFAP funds from the USDA to each state. The amount that each state gets varies depending on the amount of unemployment and poverty in the state.

Different eligibility requirements are made by each state that describe which agencies can receive TEFAP foods. Agencies often include food pantries, soup kitchens, and other locations that provide emergency food. The agencies then offer the foods, usually along with other donated foods, to families who visit the food pantry. Each food pantry may also have a few limited guidelines for who can receive foods. At most food pantries, eligibility is open but may require information like location or county of residence. Clients may also be asked to self-declare their sources of income and sign an Eligibility Certificate.

Families and individuals who receive foods from food pantries or other emergency food agencies may also qualify for other federal food programs such as Supplemental Nutrition Assistance Program (SNAP), National School Lunch Program (NSLP), and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). For more information about these programs and TEFAP, visit www.in.gov/fssa or https://www.in.gov/isdh/24779.htm.

Sources: https://fns-prod.azureedge.net/sites/default/files/tefap/pfs-tefap.pdf

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Listeria is a genus of bacteria which can cause listeriosis, a serious foodborne bacterial illness. People can get infected by listeria after eating contaminated food, most commonly linked to deli meats and unpasteurized dairy products. Listeria bacteria can survive at very low temperatures. Pregnant women, newborn babies, elderly individuals, and people with poor immune systems are more likely to be affected by this disease. Although listeriosis is generally a mild disease for pregnant women, it is a serious problem for the fetus and newborn. For example, listeria infection can cause severe infections in the bloodstream or in the brain, and can result in miscarriage, stillbirth, or newborn death.

Hospital care is required for people with severe listeriosis. According to the Center for Disease Control and Prevention (CDC), approximately 20% of listeriosis cases result in death. The symptoms vary depending on the affected body part. Pregnant women with listeriosis normally have fever and flu-like signs like fatigue and muscle aches. For individuals who are not pregnant, some symptoms to look for are headache, stiff neck, confusion, loss of balance, and convulsions. Fortunately, listeriosis can be treated with antibiotics. If you suspect you ate contaminated food, seek medical care as soon as possible. Be sure to tell the doctor about the food you ate and any symptoms you have.

In order to avoid listeriosis, pay attention to the foods you eat. When buying dairy products, especially cheese, make sure the label says, “Made with pasteurized milk.” Do not eat uncooked sprouts. Eat refrigerated smoked seafood only when it is canned, shelf-stable, or in a cooked dish. Heat lunch meats, deli meats, and hot dogs to an internal temperature of 165°F before eating. Put leftovers into the refrigerator within 2 hours in a covered container. Finish leftovers in 3-4 days.

Sources: https://www.cdc.gov/listeria/prevention.html
Image Source: www.cdc.gov/foodsafety/specific-foods/listeria-and-food.html
Using Meat Substitutes

Written by Ashlyn Burns, Master of Public Health Student, Purdue University

Many people choose to eat a vegetarian diet for cultural, health, or other personal reasons. However, meat substitutes are not only for vegetarians! They offer nutritious benefits, may be less expensive than meat products, and are an easy way to mix up your typical dinner and delight your taste buds. Here is a list of some meat substitutes and how to add them into your diet:

1. **Tofu**, made from soybeans, is a great source of protein that can stand in for meats such as pork, chicken, and beef. Simply flavor with your favorite spice or marinade.

2. **Tempeh**, made from fermented soybeans, has a firmer texture than tofu. It can be seasoned and ground up to stand in for ground beef.

3. **Mushrooms** are making their way onto restaurant menus as meat substitutes. Look for Portobello burgers or mushroom “steaks.” Their savory, meaty texture makes them a great replacement for meat.

4. **Black bean burgers** are another great burger alternative you may find on restaurant menus. See the recipe below to learn how to make your own!

5. **Other beans and legumes** may not taste the same as meat, but they are also excellent sources of protein that can be incorporated into your diet.


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**Black Bean Patties**

**Ingredients (4 servings)**
- 1 can low-sodium black beans, drained and rinsed
- 1 can low-sodium whole kernel corn, drained
- ¼ cup bread crumbs or brown rice
- 1 egg
- Optional spices: cumin, chili powder, garlic, to taste

**Directions:**

1. Mash black beans with a fork until they have a paste-like consistency.
2. Stir in corn, egg, and spices.
3. Mix in bread crumbs until the mixture is firm enough to shape.
4. Divide into four patties and then bake on a greased sheet for 20 minutes, flipping patties halfway through.

*Chopped peppers or onions may also be included in the mixture if desired.*

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**Nutrition Information (1 serving)**

- Calories: 272
- Fat: 4g
- Carbs: 51g
- Protein: 13g

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**Underlining denotes TEFAP commodity ingredients**

Recipe modified from: https://www.allrecipes.com/recipe/85452/homemade-black-bean-veggie-burgers/
Photos: www.creativecommons.org
In the News: Upcoming Local Events

Written by Ashlyn Burns, Master of Public Health Student, Purdue University

Looking to get involved in the community or local food banks? Here are some upcoming events around Indiana:

April 12, 2018: Nourish & Knowledge, hosted by Food Finders Food Bank in Lafayette, Indiana. This is a $15 lunch event bringing attention to food insecurity issues with engaging conversations. This event will also be held on the second Thursday of May, June, and July.
   For more information: https://www.food-finders.org/event/nourish-knowledge-a-lunch-learn-series/2018-04-12/

April 20, 2018: Fill-A-Bowl for Madison County hosted by Second Harvest Food Bank in Anderson, Indiana. This event is free to attend and learn about efforts to fight food insecurity in Madison County.
   For more information: http://curehunger.org/event/fill-a-bowl-madison-county/?event_date=2018-04-20

May 11, 2018: 5th Annual Wine, Women and Shoes event at the Lucas Estate in Carmel, Indiana benefiting Gleaners Food Bank. This event features wine tasting, shopping opportunities, unique auction items, and a glamorous fashion show.
   For more information: https://www.gleaners.org/events/

June 10, 2018: The Soiree to Fight Hunger hosted by the Food Bank of Northwest Indiana will be held at the Gary Aquarium. This event features dinner, entertainment, and a silent auction to fundraise support for hunger-relief programs.
   For more information: https://foodbanknwi.org/events/annual-fundraiser/