

## Ask the Expert:

### How does creating an account with Indiana's Emergency Food Resource Network benefit my organization?

Written by Amanda Crawford, Undergraduate Student in Nutrition Science



Do you want to reach out to those who might not know about food organizations in their area? Are you interested in networking with other emergency food organizations? Would you like a quick way to ensure that your organization's contact information is up to date? Then sign up for an account with Indiana's Emergency Food Resource Network (IEFRN)!

Starting an account with IEFRN allows organizations to easily manage and update their own contact information. This makes it easier for clients and other emergency food organizations to get in contact with each other. IEFRN is searchable by county, city, and zip code, making it easy for people to find your organization. IEFRN's website also has a Google map feature that shows the locations so they are quick to find.

To sign up for an account, go to the green box in the top right hand corner on the IEFRN homepage at <https://www.purdue.edu/indianasefrnetwork/>. Then, click **Create Account**. Enter your email, a password, name, state, and county. Once you click submit,

choose your organization from the dropdown list. You will receive an email welcoming you to Indiana's Emergency Food Resource Network database within one week.

If you do not see your organization in the dropdown list, you can create a new organization by clicking **Add New Organization**. You can then fill in your organization's information.

Once you have created an account, and received a confirmation email after selecting your organization from the dropdown list, log in to update your organization's information. To do this, click the **Update** link under the **Your Organization(s)** tab. From here you can fill in contact information such as organization name, address, phone number, email, and hours of operation. You can also add information such as affiliated organizations and how you prefer to receive the newsletter.

Make sure to indicate if you want to receive the newsletter by email, and update what email you would like it to be sent to. You

can also decide if you would like your information to be included in the directory and what information you want published.

If your emergency food organization does not have Internet access, do not worry! You can always have your information updated by contacting Briana Eicher at [brapp@purdue.edu](mailto:brapp@purdue.edu) or (260) 724-5300 ext 1239 or (765) 496-3455.

Keep in mind, creating an account with IEFRN is free and easy. It is an ideal way to network, publicize services, and allow clients to find locations. So sign up today!

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## Food Safety: FightBAC!

Written by Hannah Boeh, MPH Graduate Student in the Department of Health and Kinesiology

Did you know that 1 and 6 people or 48 million Americans get sick each year due to foodborne illness? Food contaminated with pathogens can cause foodborne illnesses when eaten. An estimated 9.4 million annual cases of illness in the U.S. are attributed to known foodborne pathogens, with the most common pathogens being Norovirus, Salmonella, Clostridium perfringens, Campylobacter spp, and Staphylococcus aureus.

Foodborne illnesses, also known as foodborne disease, foodborne infection, or food poisoning, are completely preventable by following proper food safety practices. Don't be a victim of foodborne illness! Use the CDC's FightBAC! campaign to keep your food safe and free from harmful pathogens.

**CLEAN:** Prevent the spread of pathogens by cleaning and sanitizing kitchen surfaces, such as cutting boards, and counter tops, before and after each use. Wash fruits and vegetables before cutting them and always clean food preparation surfaces before working with food. Wash your hands for 20 seconds with warm soapy water before and after handling foods.



**SEPARATE:** Juices from raw meat, poultry, and seafood should be separated from ready to eat foods to prevent cross-contamination. Cross-contamination happens when bacteria from uncooked foods are transferred to ready to eat foods by using the same knife, cutting board, or counter tops where raw foods were prepped.



**COOK:** Make sure all foods are properly cooked to prevent the spread of pathogens. Cook roasts, steaks, pork, and fish to a minimal internal temperature of 145 degrees Fahrenheit. All poultry items should be cooked to 165 degrees Fahrenheit, and ground meat should be cooked to 160 degrees Fahrenheit to ensure safety.



**CHILL:** Chill cooked foods quickly to slow pathogen growth and reduce the risk of foodborne illness. Do not overstuff the refrigerator to ensure that cool air can circulate to keep foods properly cooled. Never let foods that should be chilled stay at room temperature for more than two hours before refrigerating. Always defrost and marinate foods in the refrigerator. Check foods for spoilage regularly and discard foods that show signs of mold. A good rule to remember is "When in doubt, throw it out".



Don't let foodborne illness spoil your fun. Follow these simple steps above to keep your family healthy.

**Sources:** <http://www.foodsafety.gov/keep/basics/index.html>; <http://www.cdc.gov/foodborneburden/2011-foodborne-estimates.html>; <http://www.fightbac.org/safe-food-handling/chill>; <http://www.foodsafety.gov/keep/charts/mintemp.html>; [http://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-factsheets/safe-food-handling/safe-minimum-internal-temperature-chart/ct\\_index](http://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-factsheets/safe-food-handling/safe-minimum-internal-temperature-chart/ct_index)

Written by Ashley Jacobs, MS, RD, Nutrition Science PhD Graduate Student

Dried plums, or prunes, are a naturally sweet, chewy, nutrient dense fruit. Apart from their high fiber content, dried plums are also high in vitamin K and polyphenols, both of which have been suggested as beneficial to bone health. In addition, certain polyphenols within the fruit are antioxidants and have been associated with increased heart health. Dried plums are also a good source of other nutrients such as potassium, iron, copper, magnesium, and vitamin A.

Dried plums are commonly enjoyed alone (one serving is a half cup or 6-7 individual pieces). However, they also have many other uses. They can be:

- added to cereals or salads**
- baked in muffins, breads pies or tarts**
- stewed for chutneys or compotes**
- used as a stuffing for roasted meats or poultry**
- function as a fat substitute in baking (\*see recipe for dried plum puree)**



This delicious and convenient fruit is resistant to spoilage and does not require refrigeration. When stored in a cool and moisture free environment, dried plums can keep for up to 18 months!

**Sources:** <http://www.californiadriedplums.org/about-prunes-and-dried-plums/faq#question-13>; [http://www.californiadriedplums.org/media/6ca1cf31/817\\_Tech\\_Bulletin\\_Trans\\_Fat.pdf](http://www.californiadriedplums.org/media/6ca1cf31/817_Tech_Bulletin_Trans_Fat.pdf); [http://www.californiadriedplums.org/media/4db0b643/810\\_Bulletins.DosandDonts.5.1.01.pdf](http://www.californiadriedplums.org/media/4db0b643/810_Bulletins.DosandDonts.5.1.01.pdf); [http://eatdriedplums.com/p/Nutrition\\_Research\\_Summary\\_2.pdf](http://eatdriedplums.com/p/Nutrition_Research_Summary_2.pdf)

### \*Easy Dried Plum Puree

#### **Ingredients**

- 1 1/3 cup (8 ounces) dried plums/prunes (pits removed)
- 6 Tablespoons boiling water

#### **Directions**

1. Puree the dried plums/prunes in a blender or food processor with 6 Tablespoons boiling water until smooth.

#### NOTE:

- Dried plum puree can be stored in an airtight container in the refrigerator for up to two months.
- When using dried plum puree to reduce fat in a recipe, the fat can be reduced by up to half of the amount. For example, if the recipe requires a 1/2 cup of fat, use 1/4 cup of dried plum puree and 1/4 cup of fat.
- When reducing the fat content in a recipe using dried plum puree, avoid over-mixing the dough or batter, and bake at the minimum time, increasing as necessary. Using low protein and pastry flours will help yield a tender baking product.

**Recipe source (above):** <http://www.californiadriedplums.org/about-prunes-and-dried-plums/faq#question-13>

**Recipe source (right):** <http://recipefinder.nal.usda.gov/recipes/rise-and-shine-cobbler>

### Rise and Shine Cobbler

#### **Ingredients** (4 servings)

- 1 cup peaches (canned, drained and sliced) (pitted, cut in half)
- 1/4 teaspoon vanilla extract
- 1 cup pear halves (canned, drained and sliced)
- 1 orange
- 6 dried plums/prunes
- 1 cup granola, low-fat

#### **Directions**

1. In a large microwave-safe bowl, mix peaches, pears, dried plums/prunes, and vanilla extract.
2. Rub an orange against a grater to remove 1 teaspoon of orange peel. Then, cut the orange in half and squeeze 1/4 cup orange juice. Add orange peel and juice to fruit mixture. Stir.
3. Top with granola.
4. Microwave on high for 5 minutes. Let stand for 2 minutes.
5. Spoon into 4 bowls and serve warm.

#### NOTE:

Corn flakes, nuts, or other type of crunchy topping can be used instead of granola.

\*Underlining denotes a TEFAP commodity food ingredient.





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This newsletter is created by faculty and staff in the Department of Nutrition Science at Purdue University. This institution is an equal opportunity provider.

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## WIC turns 40!

IN THE NEWS

Written by Sarah Crulich, Undergraduate student in Dietetics and Nutrition

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) is celebrating their 40th year in providing assistance to low-income pregnant and post-partum women and children at nutritional risk. In a response to growing malnutrition and poverty in 1972, the United States Department of Agriculture supported the WIC pilot program. The first clinic opened in Kentucky in 1974, and today, with over 10,000 locations nationwide, WIC serves 1 in every 2 babies.

All WIC clinics provide support for mothers and children up to 5 years of age, with nutrition education, breastfeeding promotion and support, access to healthy foods, healthcare referrals and screenings. WIC emphasizes that it takes a team to raise a child, and this support helps strengthen families. For example, women who attend WIC have access to a peer counselor, or lactation consultant, to coach them throughout their breastfeeding experience and as a result, mothers may be more likely to breastfeed. Participation in WIC has also been linked to a reduction in premature births, increased key nutrient consumption in pregnant women, and increased access to regular health care.

Support WIC by sharing their videos and print materials at [www.wicturns40.org/support-wic/](http://www.wicturns40.org/support-wic/). Emergency feeding sites can join the National WIC Association to receive the latest updates and alerts. Don't forget to thank your local WIC clinic for 40 years of strengthening families!

