



# INDIANA'S EMERGENCY FOOD RESOURCE NETWORK

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

## Ask the Expert: How can I contribute to Plant a Row for the Hungry?



The demand for food assistance has increased by 70% in recent years. As a result, hungry children and families may not receive the assistance they need from local emergency food providers.

The Plant A Row (PAR) initiative, a public service program of the Garden Writers Association, started in 1995 and grew out of this need. The goal of PAR is to feed hungry Americans through gardening. PAR encourages readers/listeners to plant an extra row of produce each year to donate to local food banks, soup kitchens, and other emergency food providers. Eighty-four million US households have

a yard or garden. If every gardener planted one extra row of vegetables to donate to local emergency food providers annually, significant reductions in hunger could be achieved.

Over 16 million pounds of produce providing over 60 million meals have been donated by American gardeners since PAR was started in 1995. The provisions are remarkable considering the voluntary participation and non-government subsidized operation of PAR.

To start a Plant a Row campaign in your community or to make an "in-kind" contribution, contact the organization at: [PAR@gardenwriters.org](mailto:PAR@gardenwriters.org) or call (toll free) 877-492-2727.

If you are interested in planting a row in your own garden this fall season, consider cold weather crops such as kale, arugula, garden cress, lettuce, peas, spinach and swiss chard.

All of these crops prefer cooler soil to germinate. Donate your "row" to a local food pantry. You can locate a food pantry in your area by visiting the Indiana's Emergency Food Resource Network's food assistance directory at: [www.purdue.edu/indianasefrnetwork/search.aspx](http://www.purdue.edu/indianasefrnetwork/search.aspx).

Source: Garden Writers Association: [www.gardenwriters.org/gwa.php?p=par/index.html](http://www.gardenwriters.org/gwa.php?p=par/index.html)

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Garden Writers Association Foundation  
[www.gardenwriters.org](http://www.gardenwriters.org)  
Call Toll Free: (877) 492-2727

September is National Food Safety Education Month

## Food Safety: Myth Busters



**Myth 1:** Plastic or glass cutting boards don't hold harmful bacteria on their surfaces like wooden cutting boards do.

**FACT:** Any type of cutting board can hold harmful bacteria on its surface. Regardless of the material, cutting boards should be washed and sanitized after each use. Solid plastic, tempered glass, sealed granite, and hardwood cutting boards are dishwasher safe. Wood laminates do not hold up well in the dishwasher. Once cutting boards of any type become excessively worn or develop hard-to-clean grooves, they should be discarded.

**Myth 2:** Freezing food kills harmful bacteria that can cause food poisoning.

**FACT 2:** Bacteria can survive freezing temperatures. Freezing is not a method for making foods safe to eat. When food is thawed, bacteria are still be present and may begin to multiply. Cooking food to the proper internal temperature is the best way to kill harmful bacteria. Use a thermometer to measure the temperature of cooked foods.

**Myth 3:** Leftovers are safe to eat until they smell bad.

**Fact 3:** Most people would not choose to eat spoiled, smelly food. However, if they did, they would not necessarily get sick. This is because there are different types of bacteria, some of which cause illness in people and others that do not. The types of bacteria that do cause illness do not affect the taste, smell, or appearance of food. For this reason it is important to freeze or throw out refrigerated leftovers within 3-4 days. If you are unsure of how long your leftovers have been sitting in the refrigerator, don't take the risk - when in doubt, throw it out!

**Myth 4:** A higher concentration of bleach can sanitize countertops and kill even more harmful bacteria than a diluted bleach mixture.

**Fact 4:** There is no advantage to using more bleach. In fact, overuse of bleach can be harmful because it is not safe to consume.



**Visit Partnership for Food Safety Education for more myths and facts.**

Source: [www.fightbac.org](http://www.fightbac.org)

# Cooking with a Whole Chicken

Frozen whole chickens are a great source of protein in the diet. One ounce of cooked chicken counts as 1 ounce in the MyPlate protein group. The daily recommendation is 5 - 6 1/2 ounces depending on your age and gender. A serving of meat is about 3 ounces.

## Storage

- Keep frozen at 0 degrees Fahrenheit until ready to use.
- After cooking, store leftover chicken in a covered container in the refrigerator.

**Preparation/Cooking** - Chicken may contain bacteria that can cause illness if it is mishandled or cooked improperly. For your protection:

- Keep refrigerated or frozen and keep raw meat separate from other foods.
- Thaw frozen chicken in the refrigerator or in the microwave. **DO NOT** thaw chicken on countertops or at room temperature.
- Frozen chicken should be cooked to an internal temperature of 165 degrees Fahrenheit.



## Uses and Tips

- Chicken may be baked or broiled. Frying chicken adds unnecessary fat and calories.
- Cooked chicken can be used in many different ways such as in sandwiches, soups, salads, casseroles, and a variety of ethnic dishes.

Source: USDA Household Commodity Fact Sheet: [www.fns.usda.gov/fdd/facts/hhpfacts/New\\_HHPFacts/Meats/HHFS\\_CHICKEN\\_WHOLE\\_A503\\_Final.pdf](http://www.fns.usda.gov/fdd/facts/hhpfacts/New_HHPFacts/Meats/HHFS_CHICKEN_WHOLE_A503_Final.pdf)

## Basic Baked Chicken

Yield: 6 servings

### Ingredients:

- whole chicken (4lbs) cut-up and thawed
- nonstick cooking spray
- 1 tsp garlic powder
- 1 tsp pepper
- 1 tsp salt (if desired)

### Directions:

1. Preheat oven to 350 degrees F.
2. Spray baking pan or dish with nonstick cooking spray.
3. Cover chicken with garlic powder and pepper. If using salt, add that too.
4. Bake for one hour. Insert a thermometer into the thickest part of the chicken, not touching the bone. Chicken is safe to eat when temperature reaches 165 degrees F for 15 seconds.

Source: USDA Household Commodity Fact Sheet: <http://recipefinder.nal.usda.gov/>

## Chicken and Broccoli Bake

Yield: 8 servings

### Ingredients:

- |                                       |                      |
|---------------------------------------|----------------------|
| 1 cup <u>rice</u> , uncooked          | 2 cups chicken broth |
| 1 package broccoli, frozen (10 ounce) | 1/4 cup flour        |
| 3 cups <u>chicken</u> , cooked        | 1/4 cup cheese       |
| 2 Tbsp margarine (or butter)          |                      |

### Directions:

1. Cook rice in 2 cups of water.
2. Let broccoli thaw.
3. Remove chicken from the bone.
4. Melt butter in a large sauce pan. Add flour to melted margarine and stir. This will be lumpy.
5. Slowly add broth to margarine/flour. Stir to remove lumps and thicken.
6. Add cheese, rice, broccoli, and chicken. Stir.
7. Put in a casserole pan and bake at 350 degrees for 30 min.

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

\* Underlining denotes commodity food ingredient



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IN THE NEWS

## Commodity Supplemental Food Program (CSFP)

Commodity Supplemental Food Program (CSFP) is a federally funded program, which works to improve the health of low-income pregnant and breastfeeding women, new mothers up to one year postpartum, infants, children up to age six, and elderly people at least 60 years of age by supplementing their diets with nutritious USDA commodity foods.

Funds allocated to states through the CSFP support the food and administrative costs of this program. For more information, visit the USDA Web site at: [www.fns.usda.gov/fdd/programs/csfp/](http://www.fns.usda.gov/fdd/programs/csfp/). CSFP income guidelines can be found at: [www.in.gov/isdh/files/CSFP\\_Income\\_Guidelines\\_2011.pdf](http://www.in.gov/isdh/files/CSFP_Income_Guidelines_2011.pdf) and a CSFP Indiana map can be found at: [www.in.gov/isdh/files/CSFPmap\\_2012.pdf](http://www.in.gov/isdh/files/CSFPmap_2012.pdf).

