



INDIANA'S FOOD FOR THE HUNGRY

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

SEPTEMBER 2011

Ask the Expert: What is MyPlate and how does it differ from MyPyramid?



The United States Department of Agriculture has released a new tool to help families eat healthier. MyPlate, based on the 2010 Dietary Guidelines, is a quick and easy guide for building healthy meals.

The MyPlate icon is an image of a place setting with five colored sections. The vegetable and fruit segments combine to comprise half the food on the plate. On the other side of the plate, the larger segment is the grains group. The fourth segment represents protein foods. A small circle to the top right of the plate represents the dairy food group which includes milk, yogurt, and cheese.

MyPlate is a visual cue to remind Americans to make healthy food choices. It is not meant to represent each individual's specific food needs.

How does MyPlate differ from MyPyramid?

- The milk food group of MyPyramid has been changed to the dairy food group of MyPlate.
- The meat and beans food group of MyPyramid has been changed to the protein food group of MyPlate.
- MyPlate emphasizes fruit and vegetable consumption.
- The MyPlate image does not represent physical activity.
- Oils are no longer included in MyPyramid.

How is MyPlate the same as MyPyramid?

- MyPlate uses the same 5 food groups and colors for each food group.

To learn more about planning and preparing healthy meals, go online to www.chooseMyPlate.gov.

Source: www.choosemyplate.gov

Sign up for a "Green" Newsletter

If you would like to support the "go green" effort of this newsletter, and your organization has the means to receive an electronic copy, please contact us with your organization's name and e-mail address at:

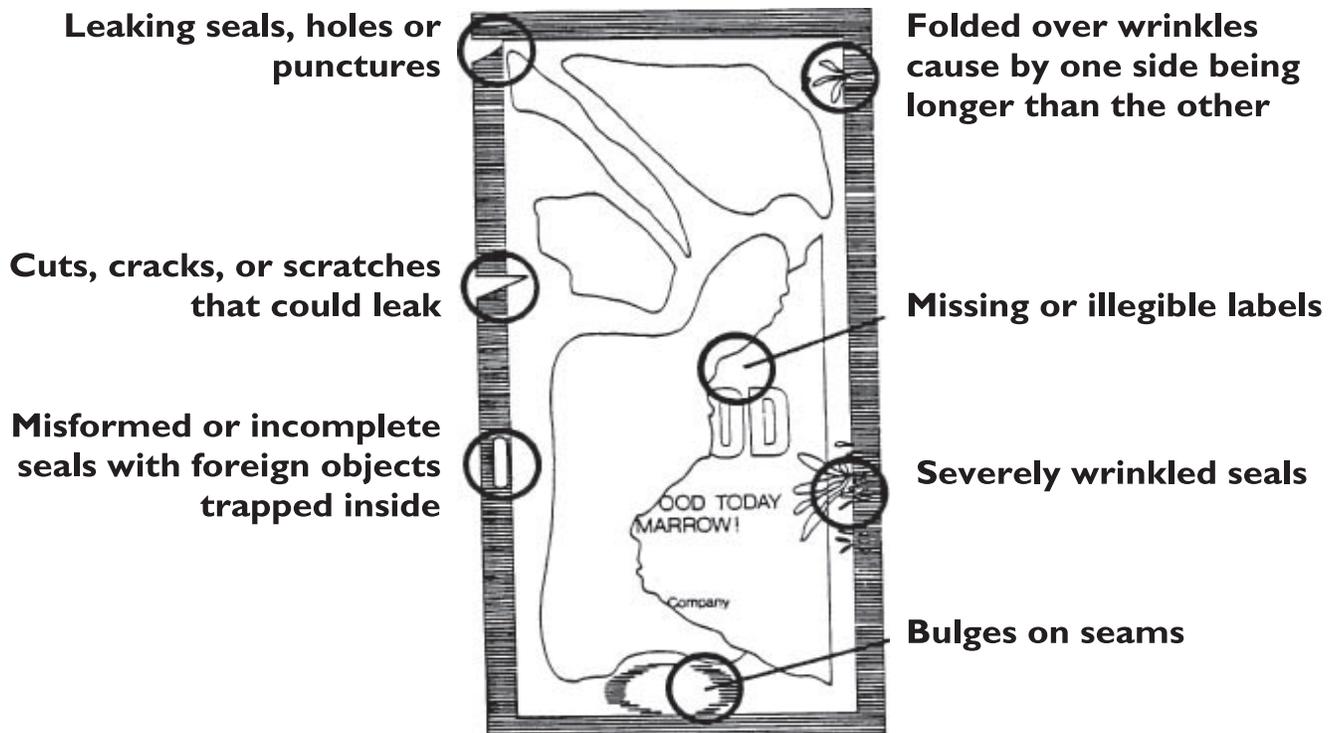
safefood@purdue.edu

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Inspection of Retorted Pouches

Discard Any Pouch With:



IF IN DOUBT, THROW IT OUT!

Adapted from Second Harvest National Food Bank Network, www.cfs.purdue.edu/safefood/foodsafety/guidelinesbag.html

To learn more about evaluating pantry foods, visit the Indiana's Food for the Hungry website food safety resources at: www.cfs.purdue.edu/safefood/foodSafety.asp

Food Recall Information

For information about current and previous food recalls:

- FDA: <http://www.fda.gov/Safety/Recalls/default.htm>
- Food safety information provided by government agencies: www.foodsafety.gov/keep/recalls/index.html
- CDC's toll-free public inquiries hotline (1-800-CDC-INFO or 1-800-232-4636)

Eating Right with Rolled Oats

Rollled oats are a whole grain, dried cereal that need to be cooked before eating. One half cup of cooked, rolled oats counts as 1 ounce from the grains group. The daily recommendation of grains is about 6 ounces per day for a 2,000 calorie diet.

Storage:

- Store unopened bags of oats in a cool, clean, dry place.
- After opening, keep package tightly closed.

Preparation/Cooking:

- Bring 1/2 cup water to boil. Stir in 1/2 cup oats.
- Cook for 5 minutes.

Uses and Tips:

- Cook rolled oats with chopped fruit and low-fat milk instead of water for a nutritious breakfast.
- Rolled oats can be used in a variety of baked dishes, such as muffins, breads and desserts.
- Rolled oats can be used in place of bread crumbs in meatloaf, or in chicken and fish patties.



Source: USDA Household Commodity Fact Sheet: www.fns.usda.gov/fdd/facts/hhpfacts/New_HHPFacts/Grains/HHFS_OATS_B445_Final.pdf

Fruity Homemade Oatmeal

Yield: 2 servings

Ingredients:

- 1 1/2 cups water
- 3/4 cup old-fashioned rolled oats
- 2 Tbsp raisins
- 1 cored and chopped apple
- 1 tsp cinnamon

Directions:

1. Remove the skin and core from the apple. Chop into small pieces.
2. Put the water in the saucepan and bring the water to a boil on medium heat.
3. Stir in the oatmeal, raisins, chopped apple, and cinnamon.
4. Turn heat to low and cook for 5 minutes, stirring often.

Source: Food Stamp Nutrition Connection Recipe Finder:
<http://recipefinder.nal.usda.gov/>

Cinnamon Oatmeal Pancakes

Yield: 10 servings

Ingredients:

- | | |
|---------------------|-------------------------------|
| 1 1/2 cups flour | 1 1/2 cups <u>cooked oats</u> |
| 1 tsp baking powder | 1/2 cup evaporated milk |
| 1/2 tsp salt | 1/4 cup water |
| 1 Tbsp cinnamon | 1 egg |

Directions:

1. Mix flour, baking powder, salt and cinnamon in a large bowl.
2. In a separate bowl, combine egg, oats, milk and water.
3. Stir the oatmeal mixture into the flour mixture until thoroughly combined.
4. Using a skillet over medium heat, spoon batter onto skillet and cook about 2-3 min. on each side or until golden brown and cooked throughout.

Source: USDA Household Commodity Fact Sheets and Recipes:
www.fns.usda.gov/fdd/programs/tefap/cfs_tefap.htm

* Underlining denotes commodity food ingredient



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Send comments and/or change of address to:
Indiana's Food for the Hungry
Department of Nutrition Science
Purdue University
700 West State Street
West Lafayette, IN 47907-2059
Phone: (765) 494-8791
Fax: (765) 494-0906
E-mail: safefood@purdue.edu
Website: <http://www.cfs.purdue.edu/safefood/>

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IN THE NEWS

IFH welcomes new project director

The Indiana's Food for the Hungry program has a new project director; we extend a warm welcome to Dr. Heather Eicher-Miller. Dr. Eicher-Miller is a Nutrition Education Assessment Specialist in the Department of Nutrition Science (formerly known as the Department of Foods and Nutrition) at Purdue University. Indiana's Food for the Hungry program is familiar to Dr. Eicher-Miller as she was previously involved in the project while a student under the mentorship of Dr. Carol Boushey. Since then, Dr. Eicher-Miller completed her PhD studies and has been involved in various projects in the Department of Nutrition Science. Dr. Eicher-Miller's research interests include food insecurity, nutrition education, and working with limited resource audiences. Dr. Eicher-Miller can be reached at: heicherm@purdue.edu.

