



INDIANA'S FOOD FOR THE HUNGRY

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

AUGUST 2010

Ask the Expert:

“What is the Backpack Program and How Can We Get Involved?”



The Backpack Program is a program that supports healthy, balanced eating over the weekend for school children who may not have adequate resources. Beginning as a pilot program in 1995, the Backpack Program became an official national program of the Feeding America Food Bank Network in 2006.

To support the fight against hunger, backpacks are filled with child-friendly food which is nutritious, easy to open and requires no stove-top cooking. Empty backpacks are returned by students and refilled for the next week. The food in each backpack costs between \$2 and \$3, and, once filled, each weighs seven to 10 pounds.

In addition to providing nutritious food to school children in need, some Backpack Programs provide

extra food for younger siblings at home. Others operate during the summer months when children are out of school and have limited access to free or reduced-priced meals.

In order to ensure that children are receiving the recommended nutrition needs from the Backpack Program, the Brody School of Medicine at East Carolina University has created a tip sheet with ideas for food donations: www.ecu.edu/cs-dhs/pedsweightcenter/upload/Backpack-ideas.pdf. A complimentary copy is provided as an insert in this newsletter.

For information on how to become involved in the Backpack Program, contact your local food bank: www.cfs.purdue.edu/safefood/tefapAgency.asp

Source: <http://feedingamerica.org>

Going Green with the Newsletter

If you would like to support the “go green” effort of this newsletter and your organization has the means to receive it via e-mail instead of mail, please contact us with your organization’s name and e-mail address at:
safefood@purdue.edu

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Food Recall Basics



Food recalls are issued for the nation's safety and to alert individuals and institutions about foods that are unsafe for consumption. The most important thing is to be informed and pay attention to guidance issued when a major food recall occurs. Food recall notices are provided in the news, at your local grocery store, or online at www.recalls.gov.

- The recall of one product does not mean all forms of that product are a potential problem.
- Occasionally, recalls will be expanded to include additional products as more information is gathered.

What to Look For:

RECALLED FOOD	LOOK FOR
Fresh, Frozen & Canned Meat & Poultry Products	- Product name - Product brand - Product weight/size - Lot code - Date code
Fresh Fruits and Vegetables	- Product brand - Promotion code - Best if used by date - Check with store where product was purchased
Frozen Products	- Product name - Produce brand/manufacturer - Product weight/size - Best if used by date
Canned Products	- Product name - Product brand/manufacturer - Product size (ounces) - UPC code
Other Processed Food Products	- Product name - Product brand/manufacturer - Product code - Produce weight/size
In-Store Prepared or Deli Products (premade sandwiches and salads)	- Product type (salad, sandwich, etc) - Product and/or store brand - Look for label information as listed in recall notice - Check with the store where product was purchased

Food Recall Basics Website:

Food Recall Basics was created by Partnership for Food Safety Education to help consumers be informed about food recalls and how to take action to identify whether a recalled product is in their home.

Information including downloadable flyers can be found at: www.befoodsafe.org/recallbasics

Consumers may also sign up to receive up-to-date food recall notices at www.recalls.gov

Food Recall Information

For information about current and previous food recalls:

- FDA: <http://www.fda.gov/Safety/Recalls/default.htm>
- USDA (meat, poultry and egg recalls): http://www.fsis.usda.gov/FSIS_RECALL
- CDC's toll-free public inquiries hotline (1-800-CDC-INFO or 1-800-232-4636)

Peaches

Peaches contain vitamins A and C and are a good source of fiber. They are also low in calories. In fact, a 1/2 cup of peaches counts as a serving of fruit for the day! Look for canned peaches that are packed in unsweetened fruit juice, light syrup, or water. Or, eat fresh or frozen peaches.



Storage for Canned Peaches:

- Store unopened cans of peaches in a cool, dry place.
- Store opened cans of peaches in a tightly covered container, not made from metal, and refrigerate.
- Monitor the “Best if used by” or “Best by” date on the can to ensure the highest quality peaches.

Uses and Tips for Canned Peaches:

- Canned peaches can be used as a dessert or a snack directly from the can. They can be served chilled or at room temperature.
- Bake peaches into a fruit dessert, such as cobblers or crisps. They are also great additions to fruit salads and smoothies.
- The fruit juice from the drained peaches can be thickened with flour or cornstarch and used as a fruit sauce for pancakes or waffles.
- Add peaches to yogurt, cottage cheese, or to hot or cold cereal.

Source: USDA Household Commodity Fact Sheet: www.fns.usda.gov/fdd/facts/hhpfacts/New_HHPFacts/Fruits/HHFS_PEACHES_A411_Final.pdf

Peach Cooler

Yield: 2 servings Serving size: 1 cup

Ingredients:

2 cups 1% low-fat milk
1 cup canned peaches, drained
1/2 tsp. lemon juice
1/2 tsp. nutmeg (optional)

Directions:

1. Place all ingredients in a blender, or mix in a bowl. If using nutmeg, add to bowl.
2. Blend well.
3. Serve cold.

Source: USDA Household Commodity Facts Sheet: www.fns.usda.gov/fdd/facts/hhpfacts/New_HHPFacts/Fruits/HHFS_PEACHES_A411_Final.pdf

Peach Apple Crisp

Yield: 8 servings Serving Size: 1/2 cup

Ingredients:

1 can (20 ounce) peaches, drained, sliced
2 medium apples, peeled, sliced
1/2 tsp. vanilla
1/4 tsp. ground cinnamon
3/4 cup plus 3 Tbsp. flour
1/4 cup packed brown sugar
3 Tbsp. chilled margarine

Directions:

1. Preheat oven to 350^oF. Grease 9x9x2 inch dish.
2. Combine peaches, apples, vanilla, and cinnamon in a bowl. Toss well and spread evenly in dish.
3. Combine flour and sugar in a small bowl. Cut in margarine with two knives.
4. Sprinkle flour mixture evenly over fruit.
5. Bake until lightly browned and bubbly, about 20 minutes.

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

* Underline in ingredients list denotes commodity food ingredient



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IN THE NEWS

Free Food Safety Resources at Your Fingertips

Food Safety Webinar

The Indiana's Food for the Hungry program in conjunction with the Indiana State Department of Health organized and presented a one-hour long food safety webinar on Friday, May 14, 2010. The webinar, titled "What Can You Do to Prevent Foodborne Illness" featured current information and resources for safe food handling, and recommended controls for preventing food safety problems. The Indiana's Food for the Hungry website includes instructions on how to view the recorded webinar, downloadable handouts and a program evaluation. To access the resources, visit www.cfs.purdue.edu/safefood/whatsnew.asp.

Ken McKan, The Food Safety Man, Video Clips

Food safety video clips from the "Ken McKan, The Food Safety Man" video series are now available FREE on the Indiana's Food for the Hungry website. The series includes short video clips on food safety topics including proper handwashing, avoiding cross-contamination, and how to evaluate foods donated to emergency food assistance programs. The videos can be found on the Indiana's Food for the Hungry website under the "resource tab" and then by clicking on "video library" or by visiting: www.cfs.purdue.edu/safefood/resources.asp.

