



INDIANA'S FOOD FOR THE HUNGRY

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

FEBRUARY 2008

Ask the Expert (February Guest)

Changes in the Public Assistance Eligibility System

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The Indiana Family and Social Services Administration (FSSA) has enlisted the IBM-led coalition to modernize and improve the public assistance eligibility system. In the new system, applicants and clients will be able to apply for and manage cash assistance (TANF), Food Stamps, and Medicaid benefits on the Internet, phone or by visiting a local Division of Family Resources (DFR) office.

A Voluntary Community Assistance Network (V-CAN) of service providers and community organizations ("members") has been formed to share information about

about the new access tools that will be available to clients. Participation in the V-CAN is voluntary and "members" can participate at a level that fits their clients' needs:

- **Informational:** Members will receive e-mail updates on changes to the system, links to bi-monthly newsletters, and invitations to local training about the new system.
- **Referral:** Members will receive free client educational materials (posters for their offices and postcards, magnets and pens for clients) about new procedures.
- **Access Points:** Members will provide access to the new application tools in their offices as well as receive supportive materials to place next to computers and phones to help their clients apply for assistance.

The new ways to apply for assistance will be implemented throughout the state on a regional basis. Region 1 was implemented in October 2007 and Regions 2, 3 and 4 will be implemented in 2008.

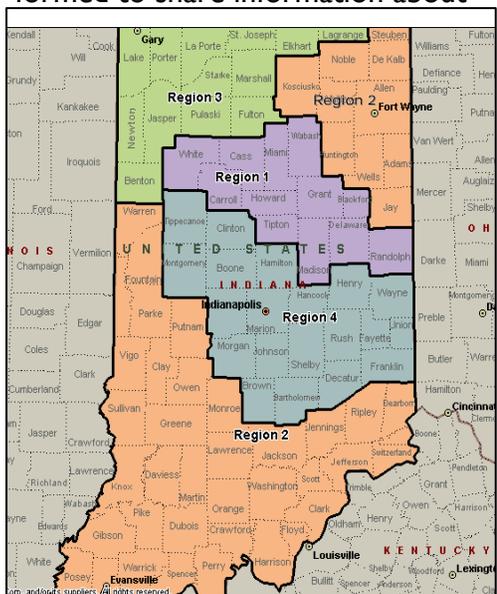
Training for V-CAN members will be held prior to each regional

implementation. V-CAN Training is complete in Regions 1 and 2 and will be held in Spring 2008 for Regions 3 & 4.

For more information about past or upcoming V-CAN training, visit www.in.gov/fssa and click "Eligibility Modernization/Communications" or call 1-800-403-0864. Sign up to receive future updates by completing the V-CAN registration form on the website, under "How do I become a member of the V-CAN?"

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New Year, New Changes for the Newsletter!

New Color: To coincide with the new program logo, the newsletter will now be printed in blue & white for easy reading and photocopying.

New Schedule: You will now receive the newsletter every other month instead of just quarterly. Reproducible inserts will be available three times per year in the newsletter.



Carbohydrates

Carbohydrates are the main source of energy for the body and the foundation of our diet. They should never be completely eliminated from the diet. Carbohydrates are found in grains, fruit, vegetables and milk products as well as “extras” such as cookies, candy, pie and soft drinks.

Eat More Of whole grains, fruits, vegetables and lowfat or nonfat milk products. These foods contain vitamins, minerals and/or fiber that are important for good health.

Eat Less Of white bread and rice as well as foods that contain added sugar such as cakes, cookies and soft drinks.



<http://www.mypyramid.gov>

MyPyramid Food Group	Eat More Of:	Eat Less Of:
<p>Grains</p>	Whole grain bread Brown rice Whole grain pasta	White bread White rice White pasta Cookies Cake Pie
<p>Fruits</p>	Fresh fruits Canned fruits in light syrup or juice Dried fruit	Fruit juice Canned fruit in heavy syrup
<p>Vegetables</p>	Fresh or frozen green and orange vegetables Low sodium canned vegetables	Starchy vegetables such as corn and potatoes Breaded or fried vegetables
<p>Milk</p>	Low-fat or nonfat milk, yogurt and cheese	Whole/regular milk Ice cream



In the Kitchen: with Rice

Rice is an easy-to-use food and is inexpensive for family meals. It is a good source of energy, and can supply vitamins and minerals to the diet. It is also free of fat, cholesterol and sodium.

Uses:

- ⇒ As a side dish (rice pilaf)
- ⇒ In a casserole (chicken and wild rice)
- ⇒ In soup (chicken and rice soup)
- ⇒ As a dessert (rice pudding)
- ⇒ Rice is a tasty addition to a meal that is low in cost.

Storage:

- ⇒ Store in an airtight container.
- ⇒ Keep in a cool, dry place.
- ⇒ Use white rice within 2 years & brown rice within 1 year
- ⇒ Store cooked rice in a covered container in the refrigerator and use it within 1 week.
- ⇒ Cooked rice can be frozen and used within 6-8 months.

How to prepare it:

Rice Variety	Water	Cooking Time	Yield
1 cup whole-grain brown rice	2 1/4 cups	45 minutes	4 cups
1 cup long-grain rice	2 cups	15 minutes	3 cups
1 cup short-grain rice	1 1/4 cups	15 minutes	3 cups

Bring contents to a boil and stir once or twice. Reduce the heat, cover the saucepan and simmer for 15 minutes or until the rice is tender. One cup of uncooked rice makes about 3 cups of cooked rice.

Source: Utah State University Extension Service

Mexican Rice

Serving Size: 1 cup

Yield: 6 servings

Ingredients:

- 1 cup rice
- 1 medium chopped onion
- 1 clove garlic, chopped
- 2 cups hot water
- 1 can (8oz) tomato sauce
- 3 1/3 cup frozen vegetables (peas and carrots)
- 2 chicken bouillon cubes

Preparation:

1. Spray saucepan with cooking spray and add rice. Cook over medium heat, stirring occasionally, until lightly browned. Stir in onion and garlic. Cook for 2 to 3 min. Add hot water, bouillon cubes and tomato sauce. Reduce heat to low. Cover and simmer for 20 min.
2. Add frozen vegetables. Cover and simmer for an additional 10 min. or until all moisture is absorbed.

Recipe provided by: USDA

Baked Rice Custard

Serving Size: 1/2 cup

Yield: 6 to 8 servings

Ingredients:

- 4 eggs, beaten
- 1/4 teaspoon salt
- 1/3 cup sugar
- 1 cup instant nonfat dry milk
- Plus 3 cups water (or 3 cups nonfat milk)
- 2 teaspoons vanilla
- 1 1/2 cups cooked rice
- Add 1/4 tsp cinnamon if desired

Preparation:

1. Preheat oven to 300°F.
2. Combine all ingredients in a bowl.
3. Pour into a greased 2 quart baking dish.
4. Bake uncovered at 300°F for 30 min.
5. Stir to mix rice. Return to oven and bake for an additional 1 to 1/2 hrs.

Recipe provided by USDA, FNS, Boise, ID

Scrub Away Winter Germs

Cold and flu season has arrived! Each flu season, it is estimated that, on average, approximately 5% to 20% of U.S. residents get infected. According to the U.S. Centers for Disease Control and Prevention, hand washing is a simple way and the best way to prevent infection and illness.



Wash Your Hands the Right Way:

- ⇒ Wet your hands with running water.
- ⇒ Apply a generous amount of soap.
- ⇒ Rub your hands together for 20 seconds (or as long as it takes to sing "Happy Birthday")
- ⇒ Rinse your hands well under running water.
- ⇒ Dry your hands with a paper towel and use the paper towel to turn off the faucet.

No Soap and Water on Hand?

- Use an **alcohol-based hand rub** to clean your hands. Alcohol-based hand rubs significantly reduce the number of germs on skin and are fast acting. Here's how to use them:
- ⇒ Apply gel to palm of one hand.
 - ⇒ Rub hands together.
 - ⇒ Rub over all surfaces of hands and fingers until hands are dry.

Source: Centers for Disease Control and Prevention: www.cdc.gov



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