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**Ask the Expert:**

**Can Emergency Food Programs Still Provide Food to Clients with Diabetes or Heart Disease?**

**Expert Answer:** Yes, it is likely that many of your clients live with diseases and conditions such as heart disease or diabetes, but you can still help. While family history and exercise do influence these diseases, diet does play a role in heart disease (high blood pressure and high cholesterol) and diabetes. Although many individual food items that are provided by emergency food programs are not always the optimal nutrition choices, there are various ways clients can still eat these foods if they have a special medical condition.

This fall’s newsletter insert provides information for your clients about making food selections if they have high blood pressure, high cholesterol or diabetes.

The formatted style of the insert makes it easy to copy, cut and provide to clients as they make food choices at your facility.

**Ask the expert:**

Future questions for the newsletter related to nutrition and food safety can be mailed or e-mailed to:

Laura Palmer, MS, RD  
Purdue Extension Specialist  
700 W. State Street  
West Lafayette, IN 47907  
E-mail: lpalmer@purdue.edu

One question will be featured for each future newsletter.
As an FNP assistant with Purdue Cooperative Extension, Debbie Threlkeld is not new to helping people understand the importance of nutrition. She began her work with the FNP in 2000 and soon joined the team of employees and volunteers at FISH, a food bank program supported by local churches in Montgomery County.

Threlkeld spends six hours a week at FISH performing duties such as assisting clients with making food selections, accepting donations, and sorting food. Perhaps, her most important task is teaching nutrition lessons to clients. “I know they have many other distractions in their lives, so I just plant a seed in their mind.”

Marjorie Wilson of the Northwest Indiana Food Bank also works closely with Purdue Extension. She partners with Janet Reed of EFNEP to provide instruction to emergency food assistance programs throughout Lake County.

To date, 25 food pantries have received this training and Wilson is thrilled, “It has been such a positive experience working with EFNEP. Many people have benefited”.

Wilson wishes to continue this collaboration through a new initiative, the BackPack™ Program which she hopes to pilot this fall. The BackPack™ Program is designed to meet the needs of hungry children at times when other resources are not available, such as on weekends and during school vacations.

The BackPack™ Program trainings will include topics such as food safety and nutrition education. Wilson believes this will be valuable to agency staff and volunteers.
The Importance of Protein

Protein is a required nutrient and is found in the cells of all living things. It is important for muscle, bone, skin, hair, and virtually every other body part or tissue.

Protein comes from the foods we eat in our diet. Food provides different amino acids which are the building blocks of protein. Plant-based foods (except for soy) are typically “incomplete proteins,” which means they do not contain all of the necessary amino acids or have low amounts of them. “Complete proteins,” from animal foods, contain all of the essential amino acids. Therefore, it is important to eat a combination of proteins from both plant and animal sources each day. If animal sources are not available or desired, plant sources can be combined to form a complete protein (see below).

Complete protein examples:
- Milk
- Meat
- Cheese
- Soy
- Fish
- Eggs

Refer to Page 7 of the Newsletter for information on protein-packed beans!

Incomplete protein examples:
- Nuts
- Oats
- Pasta
- Rice
- Lentils
- Wheat

Combining plant foods to form a “complete protein”

- √ Rice + beans
- √ Peanut butter + whole wheat bread
- √ Corn + beans
- √ Bean soup + dinner roll
- √ Vegetarian chili + bread
- √ Bean burrito (beans & tortilla)
When The Power Goes Out: Keeping Food Safe

Emergency situations can come at any time. Lack of money for electricity or a power outage can occur unexpectedly. Read below to find out how to handle foods before, during and after an emergency to keep it safe.

How Do I Plan an Emergency Food Supply?
Emergencies arise with little or no warning. To ensure an adequate diet during an emergency, keep a week's supply of food that does not need refrigeration stocked in your home. Store at least one gallon of water per person, per day, and keep a three-day supply of water on hand.

See the information below for a list of foods which can be safely stored at room temperature. Don’t forget food and water for pets, extra essential medications, supplies and any special baby formulas. Remember to store food in a cool, dry place.

Shelf Stable Foods: Keep Stocked at Home

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Suggested Foods</th>
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<tr>
<td>Milk</td>
<td>Evaporated canned milk, powdered milk</td>
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<tr>
<td>Vegetables</td>
<td>Canned vegetables, canned juice</td>
</tr>
<tr>
<td>Fruit</td>
<td>Canned fruit, canned juice, dried fruit</td>
</tr>
<tr>
<td>Meat, poultry, fish and dry beans</td>
<td>Canned meat, canned beans, peanut butter and nuts</td>
</tr>
<tr>
<td>Bread, cereal, rice, and pasta</td>
<td>Ready-to-eat cereal, minute rice and instant cereal</td>
</tr>
</tbody>
</table>

Download The Emergency Food Pyramid: [http://fcs.osu.edu/hn/](http://fcs.osu.edu/hn/)
When the Power Goes Out: Keeping Food Cold

**Freezer Safety:**
Depends on the type of food and the extent of thawing.
- Refreeze partially frozen foods.
- Discard completely thawed, warm foods above 40°F.
- If freezer items are completely thawed, but still cold (below 40°F), cook and serve or cook and refreeze.

**Refrigerator Safety:**
Check the temperature inside the refrigerator before the return of power, the type of food, and the time these foods have been stored.
- Discard these food items if held above 40°F over 2 hours: milk, fresh meats, poultry and eggs
- These items are generally safe until power returns, but discard if moldy: fresh fruits and vegetables

**Tips to reduce the loss of food:**
1. Keep the refrigerator door closed and food should remain chilled for 4-6 hours without power.
2. Add bags of regular ice to keep temperatures cool longer.
3. Evaluate the safety of the affected food once power returns.
4. When in doubt, throw it out.

September is National Food Safety Education Month

National Food Safety Education Month™ is an awareness initiative that promotes food safety education to the restaurant and foodservice industry. This year’s theme is “Viruses: They’re in Your Hands.”

For more information on National Food Safety Education Month visit: www.nraef.org/nfsem/default.asp
Civil Rights

“And Justice for All”

What are Civil Rights?
Civil rights are the nonpolitical rights of a citizen; the rights of personal liberty guaranteed to United States citizens by the 13th and 14th Amendments to the U.S. Constitution and Acts of Congress.

Goals for Civil Rights
♦ To provide equal treatment for all applicants and their dependents under the law.
♦ To increase knowledge of rights and responsibilities.
♦ To eliminate illegal acts that prevent or deter people from receiving benefits.
♦ To ensure dignity and respect for all.

Collection and Use of Data
♦ Be sure to keep client information secure and confidential.
♦ Never collect a client’s Social Security number.

Language Assistance
♦ Provide information in other languages for limited English proficiency (LEP) populations.
♦ Services must be provided to LEP populations.
   - Volunteers may be used to translate however, children who are minors should not be used to translate.

Notify the Public
♦ Always display “And Justice for All” poster for clients.
♦ Provide information in alternative formats for persons with disabilities (i.e. Braille signage, multi-language information).

Reasonable Accommodations
♦ Ensure access at your site for people with disabilities.
  Make it handicap accessible:
   - Parking lot, entrances and exits, halls, elevators, rest rooms
  Make it available:
   - Sign language interpreters, Braille signage, service animals.

Contact Information:
Gilda M. Karu,
Regional Director Civil Rights
USDA, Food & Nutrition Service
Midwest Regional Office
77 W. Jackson Blvd., FL 20
Chicago, IL 60604-3591
Phone: 312-353-3353
E-mail: gilda.karu@fns.usda.gov
Web Site: www.fns.usda.gov/cr

For more information on America’s Second Harvest Network, please visit: www.secondharvest.org

“A Hungry Man is Not a Free Man”
-Adlai Stevenson
In the Kitchen with Dry Beans

Why Eat Dry Beans?
Beans are one of the most nutritious foods available. They are packed with protein, fiber, vitamins and minerals and have less sodium than canned beans. They are also low in cost and are readily available to eat.

Examples of Dry Beans:
- Pinto
- Kidney
- Garbanzo
- Black
- Great Northern
- Navy

Nutrition Facts for Dry Beans:
- Calories: 225 kcal
- Total Fat: 0.5 grams
- Protein: 15 grams
- Fiber: 11.3 grams

Excellent source of: iron (3.9 mg), magnesium (74 mg), folate (230 mcg)

Buying and Storing:
⇒ Choose smooth, uniformly shaped dried beans.
⇒ Store in an airtight container in a cool, dry place for up to 1 year.

Preparing:
⇒ Drain and rinse beans well before soaking.
⇒ Cover beans with water and soak for 12 hours (overnight).
⇒ Simmer beans in fresh water for 1½ - 2 hrs until desired firmness.
⇒ Refrigerate cooked beans for up to 5 days or freeze for up to 6 months.

Mixed Bean Salad

Serving Size: 3/4 cup  Yield: 8 servings

Ingredients:
- 1 can (15 ounces) green beans, drained and rinsed
- 1 can (15 ounces) wax beans, drained and rinsed
- 1 can (15 ounces) kidney beans, drained and rinsed
- 1 can (15 ounces) garbanzo beans, drained and rinsed
- 1/4 chopped white onion
- 1/2 cup cider vinegar
- 1/4 cup orange juice

Preparation:
1. Combine the beans* and onion, mix evenly.
2. In a separate bowl, mix orange juice and vinegar.
3. Pour orange juice mixture over bean mixture and stir to coat evenly.
4. Let stand 30 minutes before serving.

*Other beans can be used if desired. Source: mayoclinic.com

Bean and Rice Burrito

Serving Size: 1 burrito  Yield: 8 burritos

Ingredients:
- 2 cups kidney beans
- 2 cups cooked rice
- 1/2 cup grated cheese
- 8 flour tortillas
- 1/2 cup salsa
- 1 chopped onion

Preparation:
1. Rinse, soak and cook beans
2. Preheat oven to 300ºF
3. Mix rice, chopped onion and beans
4. Place 1/2 c of the mixture into each tortilla
5. Fold tortilla and cook for 15 min
6. Pour salsa over tortillas and add cheese

Adapted from: Pennsylvania Nutrition Education Network
Attention Emergency Food Programs of Indiana: Nutrition Survey Recently Mailed

A nutrition survey was recently mailed to food pantries and soup kitchens throughout Indiana.

If you haven’t done so, please return the nutrition survey using the envelope that was provided by Purdue University. For questions related to the survey, please contact Amy Mobley at 765-496-9462 or armobley@purdue.edu.

Thank you for your time in completing the survey!

INDIANA’S FOOD FOR THE HUNGRY

Formally known as “Safe Food for the Hungry”

Introducing the new logo!

This newsletter is created by faculty and Cooperative Extension Service staff in the Department of Foods and Nutrition at Purdue University, with funding provided in support of the USDA TEFAP (The Emergency Food Assistance Program).

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Please check your name and address and let us know of any changes we should make in our database.