



FEBRUARY 2022

A NEWSLETTER FOR THE
STAFF AND VOLUNTEERS
OF EMERGENCY
FEEDING PROGRAMS

Ask the Expert:

What is the Supplemental Nutrition Assistance Program (SNAP) and other federal food assistance programs?



Written by Sophie Mortensen, Purdue University Food Science, Class of 2024

What is SNAP?

The Supplemental Nutrition Assistance Program, or SNAP for short, used to be called the Food Stamp program. SNAP helps low income families, elderly, and those facing disabilities to get enough food. It also helps households and families going through temporary unemployment or other family crisis by offering resources to buy food.

Who is eligible for SNAP in Indiana?

All households must pass a gross income test (130% of poverty) to be eligible for SNAP. The gross income (adding all wages, salaries, profits, interest payments, rents, and other forms of earnings, before any deductions or taxes) is based on household size and the gross monthly income received by all members of the household. Those with a disability are an exception and do not need to pass the gross income test to be eligible for SNAP.

Example for a family of 4:

- Monthly gross income limit: \$2,871
- Maximum net monthly income limit: \$2,209
- Maximum monthly SNAP allotment: \$835

Some other federal food assistance programs available include:

- *Emergency Food Assistance Program (TEFAP)* : provides foods to Indiana's food banks and food pantries to give to individuals and families in need.
- *Commodity Supplemental Food Program (CSFP)* : provides food packages for low-income pregnant and breastfeeding women, new mothers, infants, children up to their sixth birthday, and elderly people at least 60 years of age who meet income eligibility requirements.
- *Summer Food Service Program (SFSP)* : provides nutritious meals and snacks to children in low-income areas during the summer months and other long breaks from school.
- *Child & Adult Care Food Program (CACFP)* : provides nutritious meals and snacks to low income children in child care, and adults who get care in non-residential adult day care centers. CACFP also provides meals to children in emergency shelters, and snacks and dinners to youths participating in certain after school care programs.
- *Special Supplemental Nutrition Program for Women, Infants and Children (WIC)* : provides nutritious foods, nutrition education (such as breastfeeding promotion and support), and referrals to health and other social services to participants for free. WIC serves low income pregnant, postpartum, and breastfeeding women, and infants and children up to age 5 who are at nutrition risk.
- *School Breakfast Program (SBP)* : a federally assisted meal program that provides free or reduced priced school meals to school children.

IN THIS ISSUE

Ask the Expert: What is the Supplemental Nutrition Assistance Program (SNAP) and other federal food assistance programs?	1
Food Safety: Cross Contamination	2
Eating Right: Mindful Eating	3
In the News: Recent policy changes to SNAP	4

Food Safety: Cross Contamination

Written by Clay Watkins, B.S. Dietetics, Purdue University 2024

What is cross-contamination?

Cross-contamination can lead to food-borne illness, or food poisoning, when harmful bacteria are moved from one person, place, or thing to another. Food becomes contaminated when it touches something that has harmful bacteria on it. Any food can be cross-contaminated if food safety steps are not taken. Most bacteria that causes food-borne illness come from meat products, but bacteria can also come from fruits and vegetables.



Where can cross-contamination happen?

Cross-contamination can happen while shopping for groceries, while storing food, or while cooking food in the kitchen.

How to prevent cross-contamination:

While grocery shopping...

- Separate all meat from other groceries and put meat in a plastic bag, so it does not drip.

While storing food...

- In the refrigerator, place meat on the lowest shelf so it cannot drip juice onto other food. Sealing meat in a plastic bag or placing a tray underneath can help keep the fridge clean. Be careful when moving the meat. Quickly clean up any messes with warm, soapy water or a disinfectant.

While preparing food...

- Wash your hands with soap and warm water for 20 seconds before and after touching food.
- Use a clean cloth and warm, soapy water or disinfectant to clean counters in case there is contamination from foods that were left on the counters.
- Use two cutting boards and knives, one for meat and the other for produce. If you only have one cutting board or knife, wash well before and after use.
- Chop produce first before cleaning the utensils and chopping the meat. This helps keep your produce free from bacteria that may be left in the grooves on a cutting board from the uncooked meat.
- Rinse all fruit and vegetables well.
- Remove outer layer of cabbage or lettuce before rinsing.

Strawberry Yogurt Pops

Ingredients (4 servings)

- 1 cup strawberry yogurt (you can use any flavor)
- 6 strawberries (you can use any fruit)
- 1 ice cube tray (or use paper cups)

1. Cut the fruit into small pieces.
2. Mix the cut fruit with the yogurt
3. Pour the mixture into the ice cube tray (or paper cups)
4. Place a popsicle stick (or cut paper straws) into the mixture
5. Freeze the mixture inside the ice tray (or paper cups)



Nutrition Facts (per serving)

Calories: 71

Protein: 3g

Carbs: 14g

Eating Right: Mindful Eating

Written by Emma Sommers, Purdue University Nutrition and Dietetics 2024

Mindful eating is when you are paying careful attention to the kinds of foods you are eating and why you are eating them.

An example of mindful eating:

Listening to body cues and eating a snack or meal when you feel hungry is an example of mindful eating. Another way to practice mindful eating is by taking more time to eat, and being aware of the food you eat. Limiting distractions can also help you to be more aware and make the experience enjoyable.

An example of not being mindful when eating:

Eating because food is present or because you are bored, rather than feeling truly hungry is an example of not being mindful when eating. Another example is eating meals or snacks quickly without thinking about the amount. Sometimes this happens when people eat while being distracted, for example when watching TV or a phone during meals.

Practice mindful eating in a few ways:

- by eating foods from a variety of food groups
- eating when you are physically hungry
- enjoying what you are eating in the moment.

Mindful eating can impact both physical and emotional aspects of food.

Physically, mindful eating includes listening to your hunger and fullness cues and eating when you are hungry. Emotionally, mindful eating includes eating and enjoying the experience of meals.

Mindful eating is a great way to learn how to make your experience with food better and also eat a variety of foods.



Sources:

<https://pubmed.ncbi.nlm.nih.gov/28718396/> ,

<https://d2ii0g6w2n3xwp.cloudfront.net/wp-content/uploads/2018/06/07113932/Mindful-Eating.jpg>



First Class
Presort Mail
U.S. Postage
PAID
Lafayette, IN
Permit No. 221

Send comments and/or change of address to:
Indiana's Emergency Food Resource Network
Department of Nutrition Science
Purdue University
700 West State Street
West Lafayette, IN 47907-2059
Phone: (765) 496-0271
Fax: (765) 494-9606
Email: mill2669@purdue.edu
Website: www.purdue.edu/indianasefrnetwork/

This newsletter is edited by Adina Miller and Heather A. Eicher-Miller, PhD and is created by the Eicher-Miller Lab in the Department of Nutrition Science at Purdue University. This institution is an equal opportunity provider.

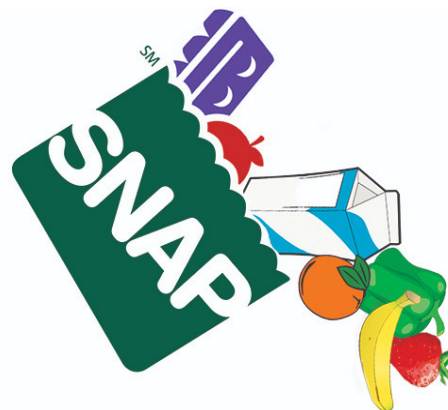
PAGE 4

In The News: Recent changes to SNAP

IN THE NEWS

Written by Kaitlan Tracy, Purdue University Nutrition and Dietetics '23

Nearly two years ago, the coronavirus pandemic changed many ways that food is distributed in the U.S. To adjust, the Families First Coronavirus Response Act (FFCRA) permitted emergency benefits to SNAP with the purpose of helping families in the pandemic. Instead of using both household size *and* net income to determine who could receive SNAP, the FFCRA let all participants receive the maximum benefit based on household size alone. In September 2021, SNAP benefits increased by 15%, with an increase in emergency limit of \$95 per month to households that received \$95 or less before. These changes are important to help make sure that households have enough food for all members. Visit the following link for more information on SNAP policy changes following coronavirus:



<https://www.ers.usda.gov/amber-waves/2021/october/coronavirus-covid-19-pandemic-transformed-the-u-s-federal-food-and-nutrition-assistance-landscape/>

source: <https://ieatgreen.com/wp-content/uploads/2013/09/snap.jpg>