



FEBRUARY 2025

A NEWSLETTER FOR THE
STAFF AND VOLUNTEERS
OF EMERGENCY
FEEDING PROGRAMS

Ask the Expert:

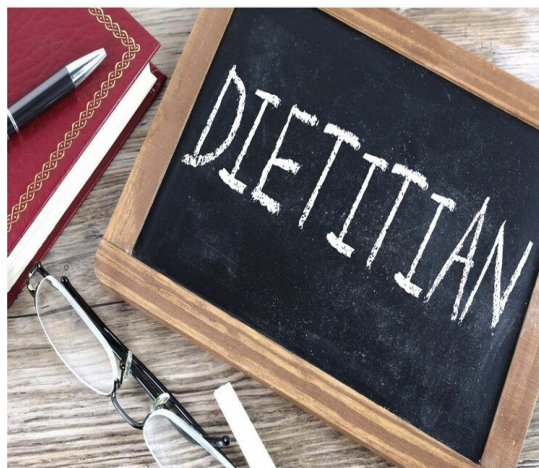
How Can a Registered Dietitian Nutritionist Help You?

Written by Emma Araya, Purdue University Nutrition and Dietetics '26

Registered Dietitian Nutritionists (RDNs) are nutrition professionals who can provide nutrition advice and meal planning. The letters “RDN” tell you that person has a certain educational background where they have taken many classes in nutrition, health, and counseling patients. People with “RDNs” have also had experiences, or “internships” working in a hospital, in the community, and in food service. Along with both the education and experiences, registered dietitians have to pass a difficult exam to become an “RDN”. All this education and experience is overseen by the Accreditation Council for Education in Nutrition and Dietetics.

A registered dietitian can give advice on many things such as weight management and certain health conditions. RDNs may also give advice on improving physical performance, and helping with allergies or things that someone should not eat. There are many types of registered dietitians that work in different settings. For example, there are dietitians that work in food service like schools, and in government to help create nutrition programs and policies, and there are dietitians that work in all areas of healthcare. That is to say, registered dietitians are essential for the community.

To access a registered dietitian, you can ask your primary care doctor or nurse practitioner to refer you to a dietitian or search for registered dietitians in your area depending on your needs using this link from the Academy of Nutrition and Dietetics: <https://tinyurl.com/38f7wazs>. Additionally, community centers and local health departments can be a great resource as they can have established relationships with dietitians and can help find one that fits with your goals and budget.



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Sources: <https://my.clevelandclinic.org/health/articles/dietitian> <https://www.eatright.org/health/wellness/healthful-habits/what-a-registered-dietitian-nutritionist-can-do-for-you> <https://www.nutritioned.org/insurance-cover-nutritionists/>

Food Safety: How to Keep Food Safe After a Natural Disaster

Written by Elaine Wang, Purdue University Nutrition and Dietetics, Fitness and Health '27

California is facing one of its worst wildfires in history, with flames threatening thousands of homes and food supplies. Natural disasters like fires, floods, and storms can be dangerous to food supplies in California or wherever they happen, even in Indiana. For example, water and food can become contaminated and at risk for foodborne illness in the event of a natural disaster.

It's important to know how to keep your food safe to protect your family if you ever face a natural disaster. Here are some tips to keep food safe:

- Keep your fridge at 40°F or lower and your freezer at 0°F
- Use coolers and dry ice to keep food cold if the power goes out
- Keep fridge and freezer doors closed
- Throw away food that touches floodwater or wildfire smoke if it isn't in waterproof packaging.
- Clean and sanitize metal cans, counters, and utensils.
- Use bottled water for drinking, or boil tap water if needed.
- Food that is not kept at cool temperatures should not be eaten after a certain amount of time



Source: <https://www.eatright.org/food/home-food-safety/safe-food-storage/food-safety-after-a-natural-disaster> <https://www.cdc.gov/food-safety/foods/keep-food-safe-after-emergency.html#:~:text=Keep%20refrigerator%20and%20freezer%20doors,perishable%20foods%20in%20the%20cooler>

Savory Meatloaf Muffins

Directions

1. Preheat oven to 350F
 2. In a medium mixing bowl, add all ingredients
 3. In a greased muffin tin, divide evenly the mixture
 4. Bake for 1 hour or until the center of muffin is at 160F
 5. Cool slightly before serving.
- Enjoy!

Ingredients (6 servings)

- 1 egg*
- 1/2 cup non-fat/skim milk
- 3/4 cup oats*
- 1 pound lean ground beef*
- 3 tablespoons onion, chopped
- 1/2 teaspoon salt
- 1/2 cup cheese (any variety), grated*



Nutrition Facts (per serving)

Calories: 214
Protein: 20g
Carbs: 8g
Fat: 11g

***foods included in the TEFAP (The Emergency Food Assistance Program)**

Sources: <https://www.myplate.gov/recipes/savory-meatloaf-muffins>

Eating Right:

How Can You Manage Blood Pressure With Food?

Written by Madison Wathen, Purdue University Nutrition and Dietetics '25

High blood pressure, also known as “hypertension” happens when the heart has to work harder to pump blood and there is a high force of blood pushing against the artery walls. Hypertension can cause the arteries to become thinner, which can cause even higher blood pressure.

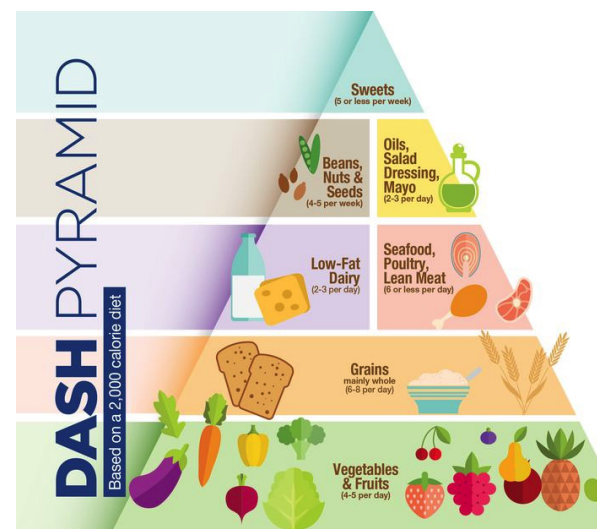
Hypertension might also be caused by the build up of fats inside the arteries and the narrowing of the space that blood can travel through. This build up of fats in the arteries is known as plaque. Saturated fats, or fats that are solid at room temperature, include butter, lard, and fats in many cheeses. Palm and coconut oils are high in saturated fats.

A diet that includes many fruits, vegetables, whole grains, and oils like olive or canola oil can help lower high blood pressure or hypertension. The American Heart Association recommends the Dietary Approach to Stop Hypertension (DASH Diet). The DASH diet recommends limiting salt and saturated fats while focusing on getting more fruits, vegetables, and whole grains.



The American Heart Association is a great place to find heart healthy tips like the following:

- Look for the heart-healthy checkmark on food products. This checkmark is a symbol of the American Heart Association (AHA), and shows what foods are a heart healthy choice.
- Be mindful of food choices. Try looking for reduced-fat or low-fat options.
- Read food labels. Try to avoid anything high in sodium or cholesterol. For both, it shouldn't be more than 20% percent daily value.





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Send comments and/or change of address to:
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Email: earaya@purdue.edu
Website: www.purdue.edu/indianasefrnetwork/

This newsletter is edited by Emma Araya 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.

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In The News: We Need Your Input!

IN THE NEWS

Written by: Hoosier Health and Wellness Alliance (HHWA)

The Hoosier Health and Wellness Alliance (HHWA) is an Indiana-based statewide health organization. The HHWA have formed a group to learn more about food waste and find ways to help limit food waste. For example, they have found that putting dates on food can help to lower food waste in organizations like food pantries.

The HHWA is also trying to learn more about any new work that is happening related to food labeling and food waste. If you are a person working as a staff or volunteer in a food pantry or food bank, please take a few minutes to complete their survey to help guide the HHWA's future efforts in Indiana. Scan the QR code to the right with your phone's camera to go to the survey.

Survey QR Code



Survey weblink: <https://redcap.uits.iu.edu/surveys/?s=L7RLCWDY44NR7J87>