Children and Lead

What you should know, what you can do, and why

Children across Indiana most at risk of lead poisoning walk through food pantry doors everyday. The United States Centers for Disease Control and Prevention has funded Indiana’s Childhood Lead Poisoning Prevention Program requesting our help in identifying young children at risk of lead poisoning. Allen, St. Joseph, Marion and Lake counties are the initial focus counties for lead elimination. Indiana’s goals towards the prevention of lead poisoning would be daunting but for the organization called Lead-Safe Indiana Task Force, part of a coalition of Hoosier advocates called Improving Kids’ Environment (IKE).

Reports indicate that children under the age of six living in homes built prior to 1960 are vulnerable to lead poisoning due to the old lead paint in the homes, and in the surrounding soil. Since the late 1970’s blood lead levels have decreased in the overall population, largely due to reductions in lead emissions from automobiles. However, the problem continues for children living in older, low-income, and urban homes.

Lead poisoning causes severe problems when it occurs in young children. Children under the age of 6 years have not yet developed the blood-brain barrier, or protective lining, around the brain prohibiting certain chemicals like lead from crossing over into the brain. When young children are exposed to lead, irreversible damage may occur, adversely effecting cognitive and behavioral development. Problems may include hyperactivity and behavioral disorders. These conditions can cause achievement potential to decrease and disrupt healthy development.

You can help by alerting families to the need for blood level screenings. The early intervention program, First Steps, can provide the screening if the child is under 3 years of age. Other resources available to help families include the WIC program, county health departments, and Medicaid or Hoosier Healthwise; these programs provide blood lead level screenings for young children.

If the first screening comes back high, a second one is done. If the second one is high, the county health department is contacted and a home inspection is arranged. If the health department determines there is a risk of lead poisoning in the home, the landlord is notified and must agree to disclose this information when renting or selling the property. IKE and the Alliance for Healthy Homes help families at risk by offering guidance or legal support if the landlords are uncooperative about lead abatement requests.

For more information, please contact IKE’s president, Tom Neltner, at 317-442-3973 or, on the web, go to http://www.ikecoalition.org/index.html

On the Menu

Nutrition Information........................................4,5
What’s Happening................................................2
In the Kitchen..................................................4,5
Food Safety..........................................................3
Tips You Can Use...................................................6,7
Client Choice!

In Madison County, organizing a food pantry around the concept of CLIENT CHOICE has become second nature. It wasn't always like this however. A few years ago, a grant from the United Way of Madison County helped Second Harvest Food Bank of East Central Regional Indiana (E-CENT) pave the path towards this method of distributing emergency food.

The grant funded efforts to organize pantries around a client choice approach to food distribution. What does client choice really mean? Clients entering the food pantry have choices about what products they take home. Client choice offers the opportunity for clients to: obtain emergency food they can actually eat, plan meals, and preserve their dignity.

In past newsletters, the concept of Client Choice has been explored, but due to a variety of misunderstandings, this Indiana TEFAP-mandated method of providing food for the hungry is still under used. When Director of E-CENT, Lois Rockhill, heard the Safe Food for the Hungry team was developing a video to help people understand the Client Choice approach, she was eager to encourage us.

Lois was aware, for instance, that the Park Place Church of God food pantry in Anderson had very little space available but nevertheless successfully converted to Client Choice. As a result of the change, clients stand behind a Dutch (half) door and simply point out the items they would like. There are limits of how much product is available to any one family, but the system is working so well that the pantry organizers no longer buy any food at retail outlets. Lines seem inevitable, but when the clients are confident they will receive some food they can really use, they are more patient about waiting their turns.

Another example in Madison County, the East Lynn Christian Church, temporarily changes around the sanctuary for weekly distributions to 200 families. That’s a lot of people! Such service to the hungry can only occur when food pantry volunteers are ready and willing to work openly with the director to discover the best way to implement Client Choice at their organization’s particular location. Can you open your mind to imagine that each and every client should be able to choose foods/products most needed or appreciated? What will you do this year to promote client choice in your pantry? Check out the Client Choice Manual at our website (www.cfs.purdue.edu/safefoodsfhungry.html) and watch for the upcoming video for support and guidance on this very important topic.

At pantries with USDA (TEFAP) products, clients must provide only this information:

1. Name

2. Signature indicating income less than 150% of poverty level

3. Residing in Indiana for at least one day
FOOD SAFETY TIPS FOR YOU!

Did you know bacteria can spread throughout the kitchen and get on cutting boards, knives, sponges and counter tops?

Why? Because this is where bacteria grow most rapidly. At room temperature, harmful bacteria in food can double every 20 minutes!

Here are 4 ways to be clean:

1. Wash your hands often and scrub with soap and warm water for 20 seconds each time.

2. After preparing food items, wash cutting boards, knives, utensils, and counter tops with hot soapy water before going on to the next food item.

3. Use plastic or other non-porous cutting boards. Cutting boards should be run through the dishwasher - or washed in hot soapy water - after use.

4. Consider using paper towels to clean up kitchen surfaces. Or, if using cloth towels, consumers should wash them often in the hot cycle of the washing machine.

Kim Jacobs, MS, RD, a registered dietitian for the USDA’s Food and Nutrition Service.
We've Got Milk!

Nonfat, dry milk, for use in the USDA Household Commodity Food Distribution Programs is available at pantries this winter. Packed in 2-pound packages, this product should be stored in a cool, dry place. Nonfat dry milk is a good source of calcium: one cup of reconstituted skim milk provides 8 grams of protein and 300 mg. of calcium.

Use reconstituted nonfat dry milk in place of fresh milk in recipes such as breads, cakes, soups, gravies, sauces, mashed potatoes and custards. These recipes from the USDA featuring nonfat dry milk have been enjoyed recently by the Safe Food for the Hungry team and we think you will like them too!

---

Vanilla Cream Pudding

Yield: 6 1/3 cup servings

Ingredients:
- 2 tablespoons cornstarch
- 1/4 cup sugar
- 1 egg
- 2 cups reconstituted nonfat dry milk*
- 1 tablespoon butter
- 1 teaspoon vanilla

Directions:
1. Mix cornstarch and sugar in a saucepan.
2. Beat egg in a separate bowl. Add with milk to cornstarch and sugar mixture.
3. Cook and stir, over medium heat, until mixture is smooth and thickened.

*Substituting regular skim milk for dry milk is fine.
Hot Cocoa

Yield: 6 servings

Ingredients:
1/3 cup cocoa powder
1/3 cup sugar
6 cups water
2 cups nonfat dry milk
1/2 teaspoon vanilla

Directions:
1. Mix cocoa and sugar in a saucepan.
2. Stir in 1 cup of water until smooth. Heat to boiling and simmer 5 minutes.
3. Remove from heat and add rest of water.
4. Sprinkle dry milk on top and beat until smooth.
5. Heat, but do not boil.
6. Add vanilla.

White Sauce Mix

Ingredients:
1 cup flour
1 cup butter
1 1/2 cups nonfat dry milk

Directions:
1. In a large bowl, cut butter into flour with two knives or a pastry blender until mixture resembles fine crumbs.
2. Mix in nonfat dry milk powder.
3. Place in an airtight container and label: “White Sauce Mix”.
4. Store in refrigerator. Use within 2 months. Makes about 3 1/2 cups of mix.

TO MAKE BASIC Medium WHITE SAUCE:
1. Combine in a saucepan: 1/2 cup WHITE SAUCE MIX and 1 cup cool water. (For thinner white sauce decrease the mix to 1/4 cup, for thicker white sauce increase mix to 3/4 cup).
2. Cook over low heat until smooth, stirring constantly. Makes about 1 1/2 cups sauce.

Use to make Cheese Sauce by adding 1/2 - 1 cup shredded cheese. Can also be used as a base to make cream soups: add chopped vegetables, chopped poultry, etc.

Banana-Walnut Oatmeal

Yield: 4 servings

Ingredients:
2/3 cup nonfat dry milk powder
2 3/4 cups water
pinch of salt
2 cups quick oats
2 very ripe bananas, mashed
2 tablespoons maple syrup
2 tablespoons chopped walnuts

Directions
1. In a small saucepan, combine milk powder, water, and salt. Heat over medium heat until steaming hot, but not boiling.
2. Add oats and cook, stirring until creamy, 1 to 2 minutes.
3. Remove the pan from heat and stir in mashed banana and maple syrup. Divide between 4 bowls, garnish with walnuts, and serve.

Recipe from: www.whymilk.com
Flanked by Kraft delegates, Barb Ahler receives Kraft grant check and is congratulated by state representative Sheila Klinker!

You could apply for one of these grants!

The Kraft Food Rescue Initiative seeks and supports programs that allow hunger organizations to feed more people by building a food bank’s infrastructure with refrigeration, transportation or other necessary equipment. The goal is to develop the capacity of food banks to collect and distribute larger volumes of highly nutritious fruit and vegetables and/or prepared and perishable food. In 2002, produce distribution exceeded that of shelf stable foods for the first time.
Commodity Supplemental Food Program News

Last spring Indiana received a two-year pilot grant for the Commodity Supplemental Food Program (CSFP) from the United States Department of Agriculture. The grant has enabled Gleaners’ Food Bank to provide supplemental food boxes to persons age 60 and over who have incomes at or below 130% of the poverty level.

This pilot project to serve 5,000 Hoosier elders operates in one urban county (Marion) and four rural counties (Crawford, Knox, Orange and Vermillion). These counties were designated because they have the highest number of seniors living alone in poverty.

<table>
<thead>
<tr>
<th>Person count</th>
<th>Monthly income</th>
<th>Annual income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$1,040.00</td>
<td>$12,841.00</td>
</tr>
<tr>
<td>2</td>
<td>$1,444.00</td>
<td>$17,332.00</td>
</tr>
<tr>
<td>3</td>
<td>$1,818.00</td>
<td>$21,822.00</td>
</tr>
</tbody>
</table>

We hope Hoosier Seniors will enroll in this pilot project to help permanently establish the program in Indiana. You can help if you have clients who fit the criteria. Please refer them to Linda Proffitt at Gleaners’ Food Bank, 317-925-0191 ext. 140.

Indiana’s paper edition of the March 2002 Directory of Food Assistance Organizations is still available, free of charge, send requests to:
Martha Jane Gipson
Dept. of Foods and Nutrition
700 West State Street
Purdue University
West Lafayette, IN 47907-2059

Indiana’s Directory of Food Assistance Organizations is most up-to-date at our website:
www.cfs.purdue.edu/safefoods_fhunger.html

Update directly at our website now!

It’s still not too late to verify your organization’s information with us! We are ALWAYS updating our database of Indiana’s food assistance organizations.

Take your pick of how to update:
1. Go to the electronic update form at our website, here’s the link:
   http://www.cfs.purdue.edu/safefood/database/changeOrgInfo.html
   then follow the instructions, click on “submit” and you’re done!
2. Call us: (765) 494-8186
3. E-mail us: gipsonm@cfs.purdue.edu
4. Fax us: (765) 494-0906
5. Send your update information in the U.S. mail.
Food Safety Questions?

Educators at your local Purdue University Extension Office can answer your food safety questions. To contact your local extension office, call: 1-888-EXT-INFO

Safe Food for the Hungry
A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

Winter 2004

It is the policy of the Purdue University Cooperative Extension Service, David C. Petritz, Director, that all persons shall have equal opportunity and access to its programs and facilities without regard to race, color, sex, religion, national origin, age, or disability. Purdue University is an Affirmative Action employer. This material may be available in alternative formats.

1-888-EXT-INFO

http://www.agcom.purdue.edu/AgCom.Pubs/menu.htm