On the Web!
www.cfs.purdue.edu/safefood

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
SUMMER 2005

Table 1
<table>
<thead>
<tr>
<th>MyPyramid Food Group’s</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange</td>
</tr>
<tr>
<td>Green</td>
</tr>
<tr>
<td>Red</td>
</tr>
<tr>
<td>Blue</td>
</tr>
<tr>
<td>Purple</td>
</tr>
<tr>
<td>Yellow</td>
</tr>
</tbody>
</table>

Table 2
<table>
<thead>
<tr>
<th>Age: 60</th>
<th>Gender: Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Activity: 10-60 minutes/day</td>
<td></td>
</tr>
</tbody>
</table>

Table 3
<table>
<thead>
<tr>
<th>Age: 80</th>
<th>Gender: Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Activity: Less than 30 minutes/day</td>
<td></td>
</tr>
</tbody>
</table>

New Pyramid has been Discovered!

“One Size Doesn’t Fit All”. So claims the updated Food Pyramid. MyPyramid at the MyPyramid website.

ON THE MENU:
Eating Right
1. MyPyramid

Tips You Can Use
2. Power Out

What’s Happening
3. UHT Milk

Personal Glimpses
4. New Editor

In the Kitchen
5. Blueberries

In the News
6. National Hunger Awareness Day

Food Safety
7. Fish

“Steps to a Healthier You” serves as a motivational slogan and reminder that physical activity and nutrition go hand-in-hand.

To find your personal dietary needs log on to: www.mypyramid.gov

(story by Jeannie Wetzel)
Summer weather can bring beautiful days, but it can also bring a threat to your perishable food items.  Fresh water fish is a food for thought. Ocean caught fish is a good source of omega-3 fatty acids which help promote heart health. However, fishermen need to be informed when it comes to fishing habits due to contaminated waterways.

Indiana categorizes fish that are found in waterways into 5 Groups. The Indiana Streams & Rivers Advisory Guide is designed to help you know how much fish you should eat in a given month.

To use the Advisory:
1. First find the waterbody where you caught your fish.
2. Find the species and compare the length of your fish to the table provided.
3. From this you can determine the Group to which a fish has been assigned.

The length of the fish is important for determining the Group because as fish get older, levels of pollutants in their bodies increase. If someone you know enjoys fishing, remind them to fish smart!

Do Not Eat Any Fish Caught in these Waters (GROUP 5):
- Clear Creek, Monroe County
- Salt Creek, Downstream of Clear Creek in Monroe County and Lawrence County
- Pleasant Run Creek, Lawrence County
- Elliott Ditch, Tippecanoe County
- Wea Creek, Tippecanoe County
- Grand Calumet River/Indiana Harbor Canal, Lake County
- Kokomo Creek, Howard County from U.S. 31 to Wildcat Creek
- Wildcat Creek, Downstream of the Waterworks Dam in Kokomo through Howard and Carroll Counties
- Little Mississinewa River, Randolph County
- Little Sugar Creek/Walnut Fork, Montgomery County

Indiana Licensed Beverage Association
47 South Pennsylvania Street, Suite 702
Indianapolis, IN 46204
Debbie Scott, (Indiana contact person)
Phone: (317) 634-4384 or (800) 843-5288
Email: kbbkaley@indianaiba.com
Web: www.indianaiba.com
Contact: Kimberly Blakely
Using the National Registry exam

Purdue University
Department of Food Science
Food Science Building
745 Agriculture Mall Dr.
West Lafayette, IN 47907-0909
Phone: (765) 496-3827
Web: www.foodsci.purdue.edu/outreach/retailfoodadvisory/
Contact: Ann Guantart
Using the National Registry exam

SAFE EATING GUIDELINES FOR GENERAL & SELECTED PORT FISH FROM MOST OF INDIANA’S INLAND WATERS*

<table>
<thead>
<tr>
<th>Grouping</th>
<th>Women of childbearing years, nursing mothers, and children under 15 may eat:</th>
<th>Women beyond their childbearing years and men may eat:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group 1</td>
<td>Limit to 1 meal per week</td>
<td>Unlimited consumption</td>
</tr>
<tr>
<td>Group 2</td>
<td>Limit to 1 meal per month</td>
<td>Limit to 1 meal per week</td>
</tr>
<tr>
<td>Group 3</td>
<td>Do Not Eat Any Fish in this Group</td>
<td>Limit to 1 meal per month</td>
</tr>
<tr>
<td>Group 4</td>
<td>Do Not Eat Any Fish in this Group</td>
<td>Limit to 1 meal every 2 months (6 meals/year)</td>
</tr>
<tr>
<td>Group 5</td>
<td>Do Not Eat Any Fish in this Group</td>
<td>Do Not Eat Any Fish in this Group</td>
</tr>
</tbody>
</table>

What is a Meal? A meal is 8 ounces of fish before cooking for a 150-pound person, or 2 ounces of uncooked fish for a 40-pound child. Tip: Subtract or add 1 ounce of uncooked fish for every 20 pounds of body weight.
IN THE NEWS

National Hunger Awareness Day...

13 million children live in households that struggle to put food on the table.

The United States needs to reduce food insecurity by approximately 3 percentage points in the next 5 years in order to reach the Healthy People 2010 goal.

Also, urge them to ensure that there are no funding cuts to food stamps or other national nutrition programs.

Key points to make:
- More than 36 million people in the United States, including 13 million children, live in households that struggle to put food on the table.
- The United States pledged to cut food insecurity to 6% by 2010.
- Currently we are at 11.2%, which is almost where we were when the goal was established in 1995 at 12%.

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Bayh, Evan - (D - IN)
463 RUSSELL SENATE OFFICE BUILDING
WASHINGTON DC 20510
Phone: (202) 224-6323
Web Form: bayh.senate.gov/WebMail.htm
Lugar, Richard - (R - IN)
106 HART SENATE OFFICE BUILDING
WASHINGTON DC 20510
Phone: (202) 224-4814
E-mail: senator_lugar@lugar.senate.gov

Currently we are at 11.2% which is approximately 5 percentage points in the next 5 years in order to reach the Healthy People 2010 goal.

TIPS YOU CAN USE

Evaluating Refrigerator Foods

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Partially frozen with some ice crystals</th>
<th>Thawed but cold (41°F or below)</th>
<th>Thawed and warm (Above 41°F)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>Refreeze</td>
<td>Cook and serve or cook and refreeze</td>
<td>DISCARD</td>
</tr>
<tr>
<td>Fruit Juices</td>
<td>Generally safe unrefrigerated until the power returns but discard if cloudy, moldy or fermented</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggs - fresh or hard boiled</td>
<td>Discord if the temperature is above 41°F over 2 hours</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hard cheese, butter or margarine</td>
<td>Generally safe unrefrigerated if well-wrapped, but discard if mold or rancid odor develops</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh fruits and vegetables</td>
<td>Generally safe unrefrigerated until power returns, but discard if moldy, yeasty odor, or slimy texture develops</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh meats and poultry</td>
<td>Discord if the temperature is above 41°F over 2 hours</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch meats and hot dogs</td>
<td>Discord if the temperature is above 41°F over 2 hours</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mayonnaise (opened)</td>
<td>Discord if the temperature is above 41°F over 2 hours</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Opened jars or jelly, jam, mustard, ketchup, pickles and olives</td>
<td>Discord if the temperature is above 41°F over 2 hours</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Evaluating Freezer Foods

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Partially frozen with some ice crystals</th>
<th>Thawed but cold (41°F or below)</th>
<th>Thawed and warm (Above 41°F)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat</td>
<td>Refreeze</td>
<td>Cook and serve or cook and refreeze</td>
<td>DISCARD</td>
</tr>
<tr>
<td>Poultry</td>
<td>Refreeze</td>
<td>Cook and serve or cook and refreeze</td>
<td>DISCARD</td>
</tr>
<tr>
<td>Organ Meats</td>
<td>Use within 48 hours</td>
<td>Do not refreeze</td>
<td>Cook and serve</td>
</tr>
<tr>
<td>Fish and Shellfish</td>
<td>Refreeze</td>
<td>Cook and serve or cook and refreeze</td>
<td>DISCARD</td>
</tr>
<tr>
<td>Dairy Items</td>
<td>Refreeze</td>
<td>Refreeze or refrigerate</td>
<td>DISCARD</td>
</tr>
<tr>
<td>Produce</td>
<td>Refreeze</td>
<td>Cook and serve or cook and refreeze</td>
<td>DISCARD</td>
</tr>
<tr>
<td>Juices</td>
<td>Refreeze</td>
<td>Cook and serve or cook and refreeze</td>
<td>DISCARD</td>
</tr>
<tr>
<td>Fruit Pies</td>
<td>Refreeze</td>
<td>Refreeze</td>
<td>DISCARD</td>
</tr>
<tr>
<td>Bread and Plain Cakes</td>
<td>Refreeze</td>
<td>Refreeze</td>
<td>Serve</td>
</tr>
</tbody>
</table>
Once opened, UHT milk must be placed inside the refrigerator. It does not have any added preservatives. Refrigerated milk undergoes the process of pasteurization where milk is heated to 145°F for 30 minutes and then quickly cooled and stored in the refrigerator. Pasteurization helps milk stay fresh and bacteria free. Without refrigeration, UHT milk can last for 10-21 days. The UHT process heats milk to 285°F for only 2 seconds. This kills all the bacteria that cause spoilage. Without refrigeration, UHT milk can last for 4-5 months.

It is likely that Americans will continue to mainly use refrigerated milk, but new ideas can be learned from friends across the world.

In Costa Rica, Jeanie Weetzl (editor) drank a lot of UHT milk. She says, “It has the same good flavor as regular milk.”

If your clients are not convinced about UHT milk, try the following ideas:

1. Suggest they take a container home for those times when they run out of regular milk and can no longer make it to the grocery store.
2. UHT milk usually comes packaged in an aseptic container similar to a juice box, so it may be a fun way to encourage small children to drink milk who normally don’t enjoy it.

3. Unlike powdered milk, it is ready to use, so it can be taken on vacation and camping trips.

Blueberry Recipes

Blue Banana Blueberry Bread
Makes 1 loaf (Approximately 8 Servings)

1 stick (1/2 cup) butter or margarine
1 cup sugar
2 eggs
1/2 cup milk (UHT milk)
1/4 cup peanut butter
1 1/2 tablespoons honey
1/2 teaspoon vanilla extract
1/4 teaspoon ground cinnamon

Place all ingredients into the container of electric blender and blend on high until smooth.

Serve immediately.

Preparation

Blueberry Energy Shake
Makes 2 servings

1/2 cup blueberries
1 cup cold milk (UHT milk)
1/4 cup peanut butter
1/2 teaspoon honey
1/2 teaspoon vanilla extract
1/4 teaspoon ground cinnamon

Place all ingredients into the container of electric blender and blend on high until smooth.

Preparation
1. Prepare over 350°.
2. Cream margarine and sugar. Mix in eggs and vanilla. Add baking soda, flour and salt.
3. Stir in bananas and blueberries. Pour into greased 9X5-inch loaf pan and bake 50-60 minutes.

Blueberry Pancake Cookies
Makes about 2 dozen cookies

1/4 cup butter, softened
2/3 cup granulated sugar
1 large egg
1 1/2 cups pancake mix
1/2 cup chopped pecans
1 cup fresh or frozen blueberries

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Preparation

Blueberry Benefits

“Blueberries are one of many colorful foods that should supplement everyone’s diet. This power packed fruit contains compounds that prevent the bacteria responsible for urinary tract infections from attaching to the bladder wall.”

- Vision Health - Wild blueberries contain high concentrations of anthocyanin, a compound linked with many health benefits including reducing eyestrain and improving night vision. Future plans include research on the ability of blueberries to prevent macular degeneration, a disease of the retina and leading cause of blindness in people over age 65.

One reason for blueberries’ protective power is their color. Dr. Joseph neuroscientist and of USDA Human Nutrition Research Center on Aging at Tufts University explains, “Without refrigeration UHT milk can last 6-9 months!”

The pigs in blue-purple food like wild blueberries are antioxidants and anti-inflammatory.

In USDA studies, blueberries emerged as number one in antioxidants compared with other fruits and vegetables.

Antioxidants protect against oxidative cell damage that can lead to conditions like Alzheimer’s, cancer and heart disease, conditions also linked with chronic inflammation.

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