



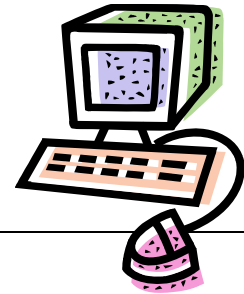
# INDIANA'S FOOD FOR THE HUNGRY

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

JUNE 2008



## Results of the Fall 2007 Nutrition Survey



In the fall of 2007, over 900 surveys were mailed to emergency food programs throughout Indiana to assess nutrition information needs of clients and workers. Over 360 surveys were completed and returned from different emergency food programs and over 460 were received total because many programs returned several copies from more than one worker. Thanks to all of you who returned the survey!

The results of the survey revealed that 38% of emergency food programs in Indiana receive nutrition questions from clients on average, 2-3 times per month. The most common questions reported about nutrition and food were related to:

1. What foods are best for medical conditions (such as diabetes)
2. How to cook or use foods provided by emergency programs
3. What foods are best for a general healthy diet

Clients most commonly ask about foods for the following medical conditions:

1. Diabetes
2. High blood cholesterol
3. High blood pressure

Approximately 74% of the survey respondents indicated that they are interested in receiving nutrition information to provide to clients. The most commonly requested topics were:

1. What foods are best for a medical condition?
2. What foods are best for a general healthy diet?
3. How to cook or use foods provided.
4. What foods interact with medications?

It was indicated that these materials are most helpful as a single page handout or recipe and it is preferred that they are received via mail.

Thanks again to all of you that completed the survey! We plan to use this valuable information in the development and distribution of future nutrition education materials for emergency food programs.



Check out the **NEW and IMPROVED** Indiana's Food for the Hungry website.

**VISIT:**

[www.cfs.purdue.edu/safefood/sfhungry.html](http://www.cfs.purdue.edu/safefood/sfhungry.html)

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# Leftovers: Cook Once, Eat Twice

Leftovers can mean cooking once and eating twice! Planning weekly meals ahead of time saves time, effort, and especially money. It also allows for good use of leftovers which can lead to less frequent trips to the grocery store. With careful planning, a larger dish prepared one evening can serve as meals for lunch and dinner the next day.



## Keep your leftovers safe:

- Cover and refrigerate leftovers as soon as the meal is over. Do not let leftovers sit for more than 2 hours at room temperature.
- Use refrigerated leftovers within 3 days (or freeze).
- Thaw frozen leftovers properly—overnight in the refrigerator (**never** at room temperature).
- Reheat all leftovers thoroughly to 165°F and serve hot.

Keeping leftovers safe can create many “new” dishes.

Leftovers	Use In
Cooked meats, poultry, fish	Casseroles, Sandwiches, Salads
Cooked vegetables	Casseroles, Soups, Stews
Cooked rice, noodles	Casseroles, Macaroni salad, Spanish rice
Cooked or canned fruits	Fruit cups, Fruit sauces, Gelatin dessert
Bread	Bread pudding, Meat loaf, Stuffing

Source: Purdue Extension Family Nutrition Program

# Tomatoes: Summer's Fruit

## When are tomatoes available?

Fresh tomatoes are available May through October (until first hard frost).  
Canned tomatoes are available all year.

## How do I buy fresh tomatoes?

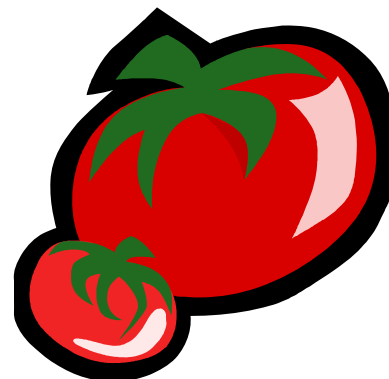
Look for tomatoes that are well formed, smooth, and plump. A ripe tomato will be red and have a sweet tomato smell. Avoid tomatoes with bruises or, green or yellow spots.

## How do I store fresh tomatoes?

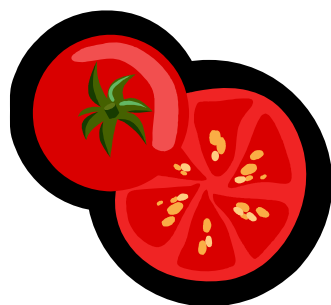
If unripe, but slightly pink, store in indirect light, or in a paper bag to ripen. Ripe tomatoes should be stored in the refrigerator and used within a week.

## How do I prepare tomatoes?

Heat fresh or canned tomatoes to serving temperature and serve soon after heating. Do not allow to boil. Add flavor by using herbs and spices such as celery seed, cloves, oregano, sage, parsley, or basil.



Source: Purdue Extension Family Nutrition Program



## Nutrition Facts:

Serving Size	Calories	Vitamin A	Vitamin C	Fiber
1/2 cup canned tomatoes	<b>25 calories</b>	20% of the daily value	15% of the daily value	4% of the daily value

Source: United States Department of Agriculture

### Stuffed Tomatoes

- |                         |                                      |
|-------------------------|--------------------------------------|
| 1 small onion           | 1/2 teaspoon black pepper            |
| 3 large tomatoes        | 1/4 teaspoon garlic powder           |
| 1 cup breadcrumbs       | 1 Tablespoon vegetable oil           |
| 2 teaspoons parsley     | 1/4 cup water (or more as necessary) |
| 2 teaspoons dried basil |                                      |

1. Peel onion and chop it into small pieces.
2. Cut each tomato in half. Remove the part with the stem. Gently squeeze to remove the seeds.
3. Mix breadcrumbs and spices in a separate bowl. Slowly add water to moisten the crumbs.
4. Spoon crumb mixture into the tomato halves.
5. Lightly oil baking pan and place tomatoes in the pan with the cut side up.
6. Bake at 400° for 15-20 min. until tomato is soft.

Source: USDA recipe finder: <http://recipefinder.nal.usda.gov/>

### South of the Border Veggies

- |                                    |                        |
|------------------------------------|------------------------|
| 1 cup rice, uncooked               | 1 can tomatoes, diced  |
| 2 cups water                       | 1 can corn, drained    |
| 1 can beef, drained                | 1 can peas, drained    |
| 2/3 cup water                      | 1 cup cheese, shredded |
| 1 (1.25 oz) package taco seasoning |                        |

1. In a saucepan, bring rice and 2 cups water to a boil. Cover and reduce heat to low. Cook 20 min. or until all water is absorbed into rice.
2. In a separate saucepan, cook beef for 5 min. Add in taco seasoning and 2/3 cup water. Cook for another 5 min.
3. Add tomatoes, corn, peas and cheese to beef mixture. Stir and heat for 5 min. Add in cooked rice. Stir and serve.

Source: CSFP: <http://www.csfpcentral.org/Cookbook.pdf>

## Civil Rights Compliance

### Non-Discrimination statement for TEFAP:

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To download a copy of the “And Justice For All” poster for your agency, visit: [www.fns.usda.gov/cr/justice-translations/475c.pdf](http://www.fns.usda.gov/cr/justice-translations/475c.pdf)



Source: United States Department of Agriculture



## INDIANA'S FOOD FOR THE HUNGRY

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