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U.S. Department of Agriculture (USDA), Food and Nutrition Service

Food Distribution Program on Indian Reservations

Family focus

KEEPING FAMILIES INFORMED ABOUT THE FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS (FDPIR)

From the Director...

Dear FDPIR Families,

I am excited to let you know about several new products that will be available to your FDPIR Program Director. They are canned pinto beans, canned black beans, cream of chicken soup, cream of mushroom soup, and evaporated skim milk. Also, we hope to be able to offer frozen, ground bison several times beginning in 2011.

The FDPIR Food Package Review Group worked with us to decide on these products. Members of this group include FDPIR Program Directors, staff representing several tribes, and Federal staff administering FDPIR.

We heard you wanted more recipes, so we included several in this newsletter using our new products. We encourage you to try these recipes—or perhaps experiment on your own using these new foods.

We encourage you to give the staff at your local distribution site feedback on how you like our new FDPIR products, and other foods you want to see in the future. You can also give us your feedback at fdd-psb@fns.usda.gov. We would love to hear from you.



Sincerely,

Cathie McCullough
Director, Food Distribution

FDPIR Is Helping You Achieve Good Nutrition...

NEW FOODS ARE COMING

Starting this fall, several new products will be available to your Program Director to order. Please let your Director know if you want these items in your food package.

CANNED PINTO AND BLACK BEANS

Low-sodium pinto and black beans will be offered in 15.5-ounce cans. Canned beans are a good, low-fat source of protein and fiber. Beans go well with rice and other grains. We hope you will try the recipes on pages 3 and 4 using the new pinto and black beans.

CREAM OF CHICKEN AND MUSHROOM SOUPS

Reduced sodium cream of chicken and cream of mushroom soups are being added to the FDPIR food

package. The soups will be available soon in ready-to-serve, 22-ounce reclosable, shelf-stable cartons. The serving size for these soups is 6 ounces. Each container provides about 3.5 servings, and any leftover soup must be refrigerated after opening. These soups are a hearty addition to casseroles and to other recipes.

Ready-to-serve soups can also be used as a delicious sauce over meat, pasta, rice, or vegetables. For a light lunch or snack, enjoy a serving of cream of chicken or cream of mushroom soup with crackers. Try the recipe on page 3, using cream of mushroom soup.

These convenient products add variety to the foods you can choose to include in your FDPIR food package for your family. They are easy to cook with and to use.

ORANGE JUICE — SHAKE WELL

Why does the bottled orange juice in my food package separate into layers? I tried to shake the bottle, but it is filled to the top.

This layered separation is due to the pulp in the juice settling. Settling is a natural process and does not affect the flavor or quality of the juice. Juice bottles are filled to the top to keep air out. This helps to preserve the flavor and appearance of the juice. To remix the juice, open the bottle to let in some air, reclose the bottle, and shake well. You should be sure to shake it every time, before pouring, if it has been sitting for a while.



FDPIR Food Package Feature...

EVAPORATED SKIM MILK

Evaporated skim milk is a new product that will be available for your Director to order soon. It is a rich source of calcium and Vitamin D, which helps to build strong bones and teeth. Evaporated skim milk adds a rich, creamy taste to your recipes without added fat. Use it to thicken sauces, soups, casseroles, and other baked dishes. Try the Peach Smoothie recipe using evaporated skim milk on page 4 for a cool, refreshing treat.

New Fresh Fruits & Vegetables

In June 2010, several new fresh fruits and vegetables became available under FDPIR, bringing the total number of fresh produce options to 35. Some of the new products are available all year; others may only be available on a seasonal basis in your area. The new foods are:

Fruits

Avocado
Cherries (seasonal)
Grapes, seedless (seasonal)
Honeydew melon (seasonal)
Kiwi (seasonal)
Nectarines (seasonal)
Plums (seasonal)

Vegetables

Asparagus (seasonal)
Brussels sprouts
Cauliflower
Radishes
Romaine lettuce

You may exchange one can of fruit or vegetable for one pound of fresh produce, up to a maximum of 13 pounds of fresh fruit and five pounds of fresh vegetables, per person per month.

New Packaging and Bigger Cut-up Chickens

In the past, the USDA frozen cut-up chicken came in a tray. It is still USDA Grade A chicken, but now you will get more, because the chickens are larger (3.5 - 5.5 lbs.). The chicken will be packaged in a heavy plastic bag to protect it during storage in your freezer.

Adding Bison to the FDPIR Food Package

We are hoping to offer frozen, ground bison several times a year in the FDPIR food package in 2011. The ground bison will be another meat option and will come in 1-lb. packages. Stay tuned for more information on this product and new menu ideas for it.

Fresh Produce: Keep it Safe!

Fresh fruits and vegetables are an important part of a healthy diet. They must be handled safely to reduce the risks of foodborne illness. Fresh produce might pick up harmful bacteria or viruses along the way from the farm to your table. Because produce is often eaten raw, it is important to wash, store, and prepare it safely. Here are some tips for handling fresh produce to keep you and your family safe:



- Wash hands thoroughly with soap and water before handling or cutting fresh produce. Rewash hands after touching other foods or anytime they become dirty or otherwise contaminated.
- Check produce for signs of dirt or damage before cutting, slicing, or dicing. When in doubt about damaged produce, either cut away the affected areas, or do not use the item.
- Do not rewash packaged produce labeled "ready-to-eat," "washed," or "triple washed." Such produce has already been cleaned to high standards; you might accidentally contaminate it.
- Wash thoroughly with hot soapy water all knives, utensils, cutting boards, counters, and other surfaces that come into contact with cut produce.
- Rinse and air-dry knives, utensils, and cutting boards before use.
- Keep cut produce refrigerated. If it is left out, throw it away after 2 hours. If the temperature is over 90 degrees F, discard it after 1 hour.
- Store produce in a covered container, above items that might cause contamination, such as raw meat.
- Follow manufacturer's instructions for the product such as "keep refrigerated" or "best if used by."
- Wash produce just before preparation, not before storage.

Some Produce Needs Special Handling:

Melons

- Avoid using whole melons that have visible signs of decay or damaged rinds, such as cracks.
- Wash the outer surface of the melon thoroughly under running cool tap water to remove surface dirt.

Tomatoes

- Wash tomatoes in warm water.
- Ensure whole tomatoes are free from obvious signs of dirt and skin damage, such as punctures, before cutting, slicing, or dicing.

RECIPE CORNER

Try the recipes below for a one-dish meal that is sure to please!



Easy Beef & Bean Bake



Makes about 6 (1-cup) servings

Ingredients:

- Nonstick cooking spray
- 2 medium white potatoes,* sliced thin
- 1 medium onion,* sliced thin
- 1 (15.5-ounce) can low-sodium pinto beans,* drained
- ¼ cup rice,* uncooked
- 1 cup celery,* diced
- 2 cloves garlic, diced
- 1 ½ cups lean ground beef,* cooked and drained
- 1 (10.5 - ounce) can reduced sodium condensed tomato soup*
- ¾ cup water
- ¼ teaspoon chili powder
- ¼ teaspoon dried oregano
- ¼ teaspoon dried basil (if you have it)

*Denotes a USDA Food item.

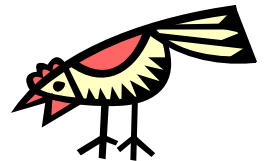
Directions:

1. Preheat the oven to 350 degrees F. Coat a medium to large baking dish with nonstick cooking spray. Layer the potatoes, onions, pinto beans, rice, and celery in the baking dish.
2. In a large bowl, mix together garlic, ground beef, tomato soup, water, chili powder and oregano. If using basil, add that too.
3. Add ground beef mixture to baking dish.
4. Bake at 350 degrees F for 1 hour and 10 minutes or until done. Remove from oven and serve hot.

Nutrition Information for 1 Serving:

Calories 322, calories from fat 88, total fat 9.7 g, saturated fat 3.5 g, cholesterol 51 mg, sodium 169 mg, total carbohydrates 36 g, dietary fiber 5.8 g, sugar 7.6 g, protein 22 g, Vitamin A 31 RAE (Retinol Activity Equivalent), Vitamin C 18 mg, calcium 80 mg, iron 4.7 mg.

Chicken & Rice Casserole



Makes about 6 (1-cup) servings

Ingredients:

- Nonstick cooking spray
- 1 cup long grain rice,* uncooked
- 2 cups reduced sodium cream of mushroom soup*
- ¾ cup low-fat UHT 1% milk*
- 1 bag cut-up chicken,* thawed (3.5 - 5.5 pounds)
- 1 onion,* cut up and sliced or ¼ cup onion flakes
- 1 tablespoon garlic, chopped or ½ teaspoon garlic powder
- 1 teaspoon black pepper
- 2 tablespoons fresh herbs (thyme, oregano, or dill) or 1 teaspoon dried herbs (if you have them)
- 1 teaspoon low-saturated-fat vegetable oil*

*Denotes a USDA Food item

Directions:

1. Preheat oven to 375 degrees F.
2. Coat a large baking pan with nonstick cooking spray.
3. Mix uncooked rice, milk, and soup together; pour into baking pan and set aside.
4. In a large bowl combine cut-up onion, garlic, pepper, and oil. If using fresh or dried herbs, add those too.
5. Clean chicken, remove excess fat and add to bowl of spices.
6. Mix spices and chicken together well, rubbing spices on the chicken.
7. Remove chicken pieces from the bowl and arrange on top of the rice and soup mixture. Spread the remaining spices on top of the chicken and rice mixture evenly.
8. Cover pan tightly with aluminum foil.
9. Bake at 375 degrees F for 45 minutes.
10. Remove foil from pan and continue cooking for another 45 minutes or until chicken is golden brown and rice is fully cooked.
11. Serve warm.

Nutrition Information for 1 Serving:

Calories 453, calories from fat 85, total fat 9.4 g, saturated fat 2.5 g, cholesterol 175 mg, sodium 445 mg, total carbohydrates 32 g, dietary fiber 1 g, sugar 5 g, protein 57 g, Vitamin A 38 RAE (Retinol Activity Equivalent), Vitamin C 3 mg, calcium 182 mg, iron 4 mg.

Peach Smoothie

Makes about 4 (1-cup) servings

Ingredients:

- 1 ripe banana, peeled and sliced
- 2 ripe peaches,* peeled and sliced
- ½ cup canned pears,* drained
- ½ cup evaporated skim milk and ½ cup water (or 1 cup low-fat UHT 1% milk*)

*Denotes a USDA Food item

Directions:

1. Combine banana, peaches, canned pears, milk, and water in a blender.
2. Blend until smooth.

Nutrition Information for 1 Serving:

Calories 98, calories from fat 4, total fat 14 g, saturated fat .4 g, cholesterol 1.2 mg, sodium 39 mg, total carbohydrates 22 g, dietary fiber 2.3 g, sugar 16.7 g, protein 3.5 g, Vitamin A 64 RAE (Retinol Activity Equivalent), Vitamin C 8 mg, calcium 100 mg, iron .4 mg.

Black Bean Chili



Makes about 6 (¾-cup) servings

Ingredients:

- 1 tablespoon vegetable oil*
- 1 onion*, diced
- 2 cloves garlic, minced
- 1 pound lean ground beef*
- 3 (15-ounce) cans low-sodium black beans,* undrained
- 1 (14.5-ounce) can low-sodium diced tomatoes*
- 1 ½ tablespoons chili powder
- 1 tablespoon dried oregano
- 1 tablespoon dried basil leaves (if you have it)
- 1 tablespoon vinegar

*Denotes a USDA Food item

Directions:

1. Heat the oil in a large heavy pot over medium heat.
2. Cook onion and garlic until onions become see-through (translucent).
3. Add beef and cook, stirring, until meat is brown. Drain off any extra fat.
4. Stir in beans, tomatoes, chili powder, oregano, and vinegar. If using basil, add that too.
5. Reduce heat to low, cover, and simmer 60 minutes or more, until flavors are well blended.
6. Serve warm.

Nutrition Information for 1 Serving:

Calories 328, Calories from Fat 92, Total Fat 10 g, Saturated Fat 3.6 g, Cholesterol 38 mg, Sodium 389 mg, Total Carbohydrate 38 g, Dietary Fiber 14 g, Sugar 5 g, Protein 22 g, Vitamin A 69 RAE (Retinol Activity Equivalent), Vitamin C 22 mg, Calcium 145 mg, Iron 6.5 mg.

DID YOU KNOW. . .The *Dietary Guidelines for Americans (DGAs)* contains advice about how good dietary habits can promote health and lower your risk of disease? The DGAs recommend keeping physically active, eating a variety of healthy grains and fruits, and lowering fats and salt in foods you eat. The new *Dietary Guidelines for Americans* are scheduled to be released by the end of 2010.

FDPIR Kids Corner

FABULOUS FRUITS & VEGGIES WORD SEARCH

Find hidden words from the list below:

L K E U B A Z O H I
U E U X N Q Q R S Y
T O T A T O P A I M
D O N T B W C N D P
H A R P U E M G A E
B D E R L C A E R A
C A J E A K E N A C
Q K R S I C P J S H
I Y A P P L E V A O
S G H A P A Y O Q C

- APPLE
- BANANA
- BEANS
- CARROT
- CELERY
- LETTUCE
- ORANGE
- PEA
- PEACH
- POTATO
- RADISH



(Difficulty: 4-5 grade level)

LAUGHTER IS THE BEST MEDICINE



Knock, Knock
Who's there?
Lettuce
Lettuce Who?

**Lettuce in and
you'll find out!**

What did the
lettuce say to
the celery?

Quit stalking me!

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