



WHAT'S NEW IN FDPIR?

October 2008
Volume 1, Issue 3

Inside this Issue

- 1 Commodity Availability Update
- 2 Food Preference Survey Results
- 2 Turkey Ham
- 3 NAFDPIR Annual Conference
- 3 Food Package Work Group Meeting
- 3 FDPIR 2009 Nutrition Education Grant Funds
- 4 FDPIR Website Redesign
- 4 Food Safety Corner: Fresh Produce
- 5 Hot Resource: Cookbooks With Simple Cooking Techniques
- 5 Nutrition Initiatives: Providing Access to a Healthier Lifestyle
- 6 Farm Bill Implementation Memo
- 6 Proposed Rule: Resource Limits and Certification Periods
- 7 FDPIR Participation Trends
- 8 Digital Broadcast TV Transition
- 8 Comments

COMMODITY AVAILABILITY UPDATE

Sometimes USDA is unable to purchase a commodity, or enough of a product to fill all orders.

This may happen because of a product shortage, for example. Also, sometimes vendors do not bid, are not responsive to price or other specifications, and/or have reached their maximum capacity. In those cases, the delivery of some commodities may be delayed until we can make the purchases.

The following will update you on some recent product availability issues:

- **Dehydrated Potatoes (A196):** We are again experiencing difficulties purchasing dehydrated potatoes. USDA's Agriculture Marketing Service (AMS) did not receive any bids for October - December deliveries. We are hoping this is a temporary setback for this item.
- **Instant Non-fat Dry Milk (INDM) (B095):** Instant non-fat dry milk is still available in the warehouse. While we understand that UHT milk is popular, we must also use the INDM in the warehouse to fill food packages. Please continue to order and encourage clients to take INDM as part of their food package, and we will adjust our future stocks to account for the growing popularity of the UHT milk. Please be sure to distribute the INDM in your warehouses as well so that it does not go out of condition.
- **Beef Roast (A613):** There may be temporary shortages and/or delayed deliveries due to nationwide market shortages and economic conditions. Several beef suppliers have either ended or altered their relationship with AMS due to these conditions. AMS is currently implementing several strategies to increase supply. Currently, only one vendor has been certified to sell the beef roast to USDA.
- **Pork hams (A669):** Once again USDA is offering ham (water added) for the holidays. We expect the National Warehouse to receive hams in time for delivery to Indian Tribal Organizations (ITOs) beginning early November through December.

- **Juices:** The variety of juices has been limited this year due to crop shortages of apples and cranberries in the fall of 2007. Problems persist in purchasing cranberry apple juice and pineapple juice. Cranberry apple juice was temporarily suspended as an ordering option for spring and summer deliveries due to market conditions.

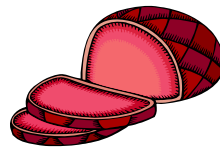
AMS attempted to purchase cranberry apple juice for October through December deliveries, but no acceptable bids were received. In the meantime, please order other juices in place of cranberry apple juice until this product is available again. Additionally, AMS has informed us that pineapple juice will no longer be available because it is no longer produced in the United States.

- **Roasted Peanuts (B502):** The 16 oz salted bagged peanuts were a one time buy for USDA. The vendor misinterpreted the specification, and instead of not having any peanuts available, USDA decided to purchase the salted peanuts as a one time buy. However, future purchases will be unsalted peanuts packed in a 16 oz container.
- **Whole Grain Rotini (B423):** At the June 2008 National Association of Food Distribution Programs on Indian Reservations (NAFDPIR) Conference, recipients participated in the whole grain rotini sampling. The recipients responded positively to the new product. As a result, the Food Package Review Work Group has agreed with USDA's decision to offer the whole grain rotini as part of the FDPIR food package. The whole grain rotini will be available in a 11b package as an available ordering option in the grains category.

FOOD PREFERENCE SURVEY RESULTS

Thanks to all the ITOs and State agencies who responded to the food preference survey. Overall, we had a very high response rate. The information contained on these reports will be extremely valuable as USDA continues to work toward

maintaining adequate supplies of products in the national warehouses.



TURKEY HAM

As you are aware, turkey ham is one of the new products USDA recently offered in the FDPIR. Please encourage participants to order this product, which can be used in a variety of tasty and healthy dishes. See below for additional information on turkey ham.

- **Q. What is turkey ham?**

A. It is ham made from boneless, smoked flavored turkey thigh meat. The turkey ham is frozen, fully cooked, 95% fat-free, and is a popular low-fat meat option. Each turkey ham weighs about 2 pounds and will yield about sixteen 2-oz servings.

- **Q. How should I store the turkey ham?**

A. Keep the turkey ham frozen in a freezer at 0°F or lower until ready to use.

Thaw in the refrigerator or microwave.

For food safety reasons, do not thaw the turkey ham at room temperature.

Refrigerate leftovers within two hours.

- **Q. How long can I keep the turkey ham (Best If Used By Date)?**

A. The turkey ham when kept under the proper conditions will maintain its flavor and nutritional quality for several months. The best if used by (BIUB) date labeled on the package is an indicator of when foods should be consumed for maximum quality and is not an expiration date. Products kept under proper conditions should be wholesome and safe long after the BIUB date has passed.

- **Q. What dishes can the turkey ham be used in for a complete meal?**

A. Turkey ham may be used in a variety of dishes. Here are some ideas:

- Add diced turkey ham to casseroles and soups, such as vegetable soup, to make a complete meal.
- Use sliced turkey ham for sandwiches.
- Add strips or diced turkey ham to tossed green salads or pasta salads (example, mix turkey ham, finely chopped, with onions, green peppers and low-fat mayonnaise).
- Use diced turkey ham in scrambled eggs, egg casseroles, or omelets (example, an omelet of diced turkey ham and tomatoes, and spinach).
- Use diced turkey ham as a topping on pizza or baked potatoes.

Note: Because the turkey ham has been fully cooked, it can be served cold, without further cooking.

For additional information regarding turkey ham and some turkey ham recipes, go to:

http://www.fns.usda.gov/fdd/programs/fdpir/cfs_fdpir.htm

<http://www.eatturkey.com>

Highlights of the June 2008 NAFDPIR Annual Conference

USDA actively participated in this year's NAFDPIR Annual Conference in Green Bay, Wisconsin. On June 24, 2008, Nancy Montanez Johner, USDA Under Secretary for Food, Nutrition, and Consumer Services, spoke to attendees during the luncheon session. Other USDA staff gave presentations on topics including: certification policy, Electronic Commodity Ordering System computer training, the 2008 Farm Bill Provisions, funding for Fiscal Years (FY) 2008 and 2009, National Warehouse contracts, inventory management, Automated Inventory System updates, food package improvements, commodity complaints, FDPIR Nutrition Education Grants, and the redesign of the FDPIR website at www.fns.usda.gov/fdd/programs/fdpir.

Slides and handouts from the June 2008 NAFDPIR Conference can be viewed and downloaded from the FDPIR website at <http://www.fns.usda.gov/fdd/ppt-slides/fdpir/2008/NAFDPIR08.htm>.

Attendees at the conference were able to sample whole grain rotini with a low sodium tomato sauce. In addition, Pinnacle Food Group, one of USDA's commodity vendors, gave samples of their beef stew to conference attendees.

Food Package Review Work Group Meeting

The FDPIR Food Package Work Group met on June 25, 2008 at the NAFDPIR Conference this summer. The Work Group discussed the newly introduced foods in the package, beef roast, turkey ham, canned chicken, 1% fat Ultra High Temperature (UHT) milk, fresh tomatoes, and the possibility of obtaining an alternative replacement product for butter. The Work Group also discussed how the food sampling of the whole grain rotini during the conference was acceptable to participants. Some key decisions that were made at the meeting include:

- Offering canned sweet potatoes seasonally during the fall through winter months as participants were not taking this product during the spring and summer.
- Posting the minutes from the Food Package Review Work Group on USDA's website. To review the minutes from April 2006 to June 2008 click on this link http://www.fns.usda.gov/fdd/programs/fdpir/FoodPackageReview/fdpir_packagereview.htm (If clicking on the link doesn't work, try copying and pasting it into your browser.)
- Providing participants with more information and recipes for the turkey ham.



2009 FDPIR Nutrition Education Grant Funds

The Food and Nutrition Service (FNS) is now accepting applications from ITOs and State agencies for its 2009 FDPIR

Nutrition Education (FDPNE) grant funds. ITOs and States agencies must submit their applications by October 31, 2008. Contact your FNS Regional Office for technical assistance with completing your grant proposal. The goal of FDPNE funding is to enhance the nutrition knowledge of FDPIR participants and to foster positive lifestyle changes.

FDPNE funds may be used to support a variety of nutrition education activities, such as gardening projects, nutrition education reinforcement items and incentives; health marketing campaigns; local radio and television spots; nutrition classes; the pro-rata share of cost of nutrition classes; and, physical activity demonstration or promotion.

FDPIR Website Redesign

FNS is working to finalize a new design for the FDPIR home page to make it easier for visitors to find information they need. The new design will include a highlighted section near the top of the home page with links to new items recently posted. In the main part of the home page, there will be three sections. One for Tribes and State Agencies that will provide links to topics of interest for participating Indian Tribal Organizations (ITO) and State agencies, as well as Tribes that are interested in participating in FDPIR. Another section will be for Applicant Households and will provide links to topics geared to households, such as information on how to apply for FDPIR. The third section, General Information, will contain links that provide basic information on FDPIR of interest to ITOs, State agencies, households, and the public.

Along the right side of the home page, there will be:

- FDPIR Hot Links, which will provide links to topics specific to FDPIR, such as the FDPIR Food Package Review Work Group home page;
- FD Featured Links, which will provide relevant links to topics common to all commodity programs, such as food safety; and
- Related Resources, which will provide links to items of interest developed by other agencies, such as the USDA Agriculture Library Native American Nutrition Education Database.

The redesign will be a work-in-progress as we continue to improve it. We welcome any comments you may have now or when we launch the new design on how we can improve the FDPIR home page. We want the FDPIR website to be a useful tool for you and your clients, so your input will be extremely helpful.

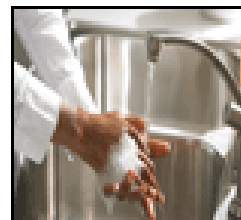
Food Safety Corner: Fresh Produce



Fruits and vegetables are an important part of a healthy diet. It's important to handle fresh produce safely in order to reduce the risks of foodborne illness. Harmful bacteria that may be in the soil or water

where produce grows may come in contact with the fruits and vegetables and contaminate them. Fresh produce may also become contaminated after it is harvested, such as during preparation or storage. Eating contaminated produce can lead to foodborne illness, which can cause infections.

Following the tips below will help minimize the chance of contamination of produce in the FDPIR.



Safe-handling practices for fresh produce:

- Since many fresh fruits and vegetables are served without being cooked, thorough cleaning is critical in preventing foodborne illness.
- Wash hands thoroughly for at least 20 seconds with soap and warm running water before and after handling fresh produce.
- Before serving, thoroughly wash all fresh fruits and vegetables with cold running water.
- If you must cough or sneeze, do so into disposable tissues ONLY, and wash hands afterwards. Do not sneeze or cough on food or food production surfaces.
- All superficial cuts should be covered with a bandage and a disposable glove.
- Any person with an infected cut or skin infection should **not** be permitted to work with food.
- Make sure employees who work with food report illness and do not work while sick.

- Store raw produce so that it does not contaminate other foods with soil, etc. Store any fresh produce, whole or cut, where other products – especially raw meat and poultry – cannot cross-contaminate it. For example, do not let meat juices drip onto produce.



- Separate fresh produce from other refrigerated foods in refrigeration units by using a separate set of

storage racks or separate cooler, if possible. Cover and store washed cut produce above unwashed, uncut fresh produce.

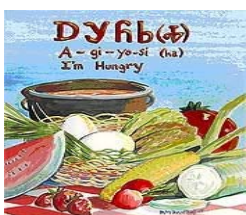
- Many county extension offices have guidance on fresh fruit and vegetable storage. Here is a link to one resource: <http://www.gardening.cornell.edu/factsheets/vegetables/storage.pdf>



Proper transport of fresh produce will help reduce the potential for microbial contamination:

- Wash hands thoroughly before loading, unloading, and inspecting fresh produce.
- Inspect transportation vehicles for cleanliness, odors, obvious dirt, and debris before loading.
- Maintain cool transport temperatures.
- Always strive to minimize physical damage while loading produce.
- When fresh produce is received, follow supplier recommendations, if provided, regarding handling, storage temperatures, and other recommendations for the produce. Avoid receiving or using damaged and partially decayed produce.

Hot New Resource by Marie Tymrak (Arizona Department of Health Services)



Are you looking for the Four Winds Nutrition Guide? Are you seeking cookbooks with simple cooking techniques and nutrient analysis that

have already been produced by tribal communities? Would you like a picture of vegetables in a lovely basket? These are as near as your computer. The newly completed *Resources and Tips for American Indians and Alaskan Natives* is available in pdf format at www.astphnd.org under "HOT New Resources." You'll find fruits and vegetable promotion ideas from various American Indian and Alaskan Native communities, gardening and agricultural products from tribal enterprises, calendars showcasing healthy foods, magazines with pictures and true inspirational stories, and a reference to the cookbooks using commodity foods. Several agencies with specific resources, such as emergency food assistance after disasters such as floods and hurricanes, are listed in the back of the document. Many resources can be downloaded directly from websites, and all have ordering information.

Nutrition Initiatives: Providing Access to a Healthier Lifestyle by Samia Hamdan, MPH, RD (USDA/MWRO)



We all know how important it is to eat a nutritious diet and to be physically active. The Healthier US Initiative teaches that even taking small steps each day can help us live a longer, healthier life. This is

especially important in the Native American communities where diabetes and obesity rates are among the highest in the nation. Providing access to nutrition education and resources is key to helping people take those small steps.

Since 2006, the Midwest Region Partnership for Better Health committee members have dedicated their time and effort to increasing the availability of nutrition education materials for all 23 FDPIR programs in the Midwest Region. This will help over 7,000 participants take those steps to living a healthier lifestyle.

The committee met in spring of 2008 to develop creative ideas in which the region's nutrition education funds could most benefit all program

participants. The main priorities were to encourage program participants to eat more fruits and vegetables, whole grains, and low-fat dairy products, and to be more physically active—all key recommendations of the *2005 Dietary Guidelines for Americans*. Combining these recommendations with Native traditions, including recipes and outdoor activities, has been an integral part to the committee's nutrition program.

An exciting accomplishment during 2008, was the development of a *2009 Calendar and Nutrition Guide* filled with photos, traditional recipes, Pow Wow dates, and monthly nutrition themes. The calendar also features educational information about nutrition, physical activity, and food safety. Calendars will be distributed to program participants in the fall.

Also, the committee was thrilled to receive a 2008 FDPIR Nutrition Education Grant award. The grant funds allowed the committee to expand nutrition initiatives and provide even more resources to ITOs.

Other FY 2008 accomplishments include:

- Ordered My Pyramid pedometers for FDPIR to promote physical activity;
- Provided food models and nutrition education display boards for the 23 programs;
- Provided copies of the *To Eat Well is to Live Well* cookbook to all participants;
- Distributed cucumber seed packets to promote fruit and vegetable consumption, gardening, and My Pyramid;
- Provided diabetes educational comic books to reach target populations, including teens and young adults; and
- Brought the Power Panther to the June 2008 NAFDPIR conference.

The committee members include Gloria Goodwin (White Earth), Betty Jo Graveen (Lac du Flambeau), Pat Roberts (Menominee), Peggy Bazant (Red Cliff), Milisa Corbine (Bad River), Samia Hamdan (FNS Midwest Regional Office), and formerly, Leah Parish (Bay Mills). The committee wishes Leah Parish good luck in her new endeavors.

July 16, 2008 Farm Bill Implementation Memorandum

On July 16, 2008, FNS issued a memorandum implementing two provisions of the Farm Bill. The first provision provides a permanent income exclusion for combat pay provided to military personnel deployed to a combat zone, continuing the policy in Policy Memorandum FD-042, Pay Received by Military Personnel as Result of Deployment to a Combat Zone (reissued on February 19, 2008). The second Farm Bill provision addressed in this memorandum removes the cap on the maximum allowable deduction for dependant care costs under the Food Stamp Program effective October 1, 2008. The memo can be found on the FNS website at http://www.fns.usda.gov/fdd/programs/fdpi/FDPIR_FarmBillImplementation2008.pdf FNS will provide policy clarification via page changes to the FNS Handbook 501 on these policy changes.

Proposed Rule on Resource Limits and Exclusions and Extended Certification Periods

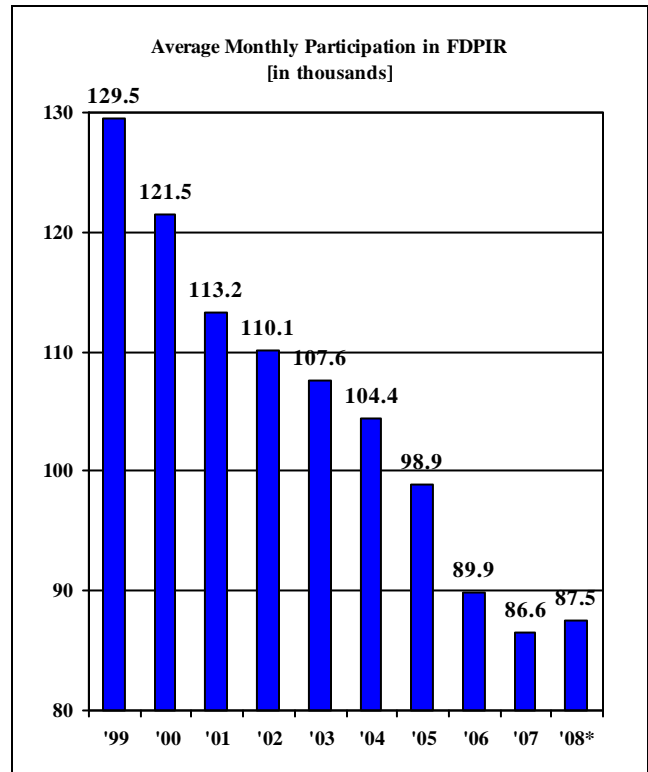
On July 3, 2008, FNS published a proposed rule in the Federal Register entitled, "Food Distribution Program on Indian Reservations: Resource Limits and Exclusions, and Extended Certification Periods. A copy of this rule was provided to each Indian Tribal Organization (ITO) and State agency by the FNS Regional Offices and can be viewed on the FDPIR website at http://www.fns.usda.gov/fdd/regs/proposed/FDPIR_PropRuleJuly08.pdf.

This proposed rule would amend FDPIR regulations to improve program service, ensure consistency between FDPIR and the Food Stamp Program, and respond to concerns expressed by the National Association of Food Distribution Programs on Indian Reservations. The proposed rule would:

- 1) Bring the maximum level of allowable resources in line with the Food Stamp Program. This means that the FDPIR resource limits would be:

- set at \$3,000 for households with one or members who are disabled or elderly;
 - set at \$2,000 for households with no elderly/disabled members; and
 - adjusted annually for inflation starting in fiscal year 2009, in accordance with the Farm Bill.
- 2) Allow a resource exclusion for the first \$1,500 of the value of one pre-paid funeral arrangement per household member; and
 - 3) Allow households in which all members are elderly and/or disabled to participate for up to 24 months without a recertification.

The comment period for the proposed rule closed on September 2, 2008. All comments are being considered and the rule will be revised, as appropriate. The implementation date of the provisions will be specified in the final rule, which will be published in the Federal Register. FNS will notify all ITOs and State agencies regarding the implementation date of the provisions.



*FY 2008 participation is based on data from October 2007 through July 2008.

FDPIR Participation Trends

Average monthly participation (AMP) in FDPIR for the first ten months of Fiscal Year (FY) 2008 (i.e., October through July) was 88,736. If participation for FY 2008 ultimately remains greater than 86,222, it will be the first time since FY 2000 that annual participation does not decline. Between FYs 1999 and 2007, participation declined 33 percent to 86,622.

FDPIR participation is most heavily concentrated in three Food and Nutrition Service Regional Offices (FNSRO): Southwest, Mountain Plains, and Western. Through the first ten months of FY 2008, AMP throughout FNSROs was as follows:

Region	Average Monthly Participation	Regional Participation as a Percentage of Total Participation
Northeast	414	0.47%
Southeast	1,206	1.36%
Midwest	7,566	8.53%
Southwest	30,353	34.21%
Mountain Plains	21,190	23.88%
Western	28,007	31.56%
Total	88,736	100.01%*

*Total FNSRO participation exceeds 100% due to rounding

There are over 111 FDPIR programs administered by 98 ITOs and State agencies, serving populations as small as two dozen and as large as 9,513. The three largest and three smallest

FDPIR programs during the first ten months of FY 2008 are as follows:

Three Largest FDPIR Programs	Average Monthly Participants
Navajo Nation (Western Region)	9,692
Cherokee Nation of Oklahoma (Southwest Region)	9,335
Oglala Sioux Tribe (Mountain Plains Region)	4,987
Three Smallest FDPIR Programs	Average Monthly Participants
Quinault Indian Nation (Western Region)	28
Burns Paiute Tribe (Western Region)	28
Grand Portage Reservation (Midwest Region)	31

There is good news for households who do not currently have a converter box and wish to keep using their analog TV sets after February 19, 2009. Congress created the TV Converter Box Coupon Program. The TV Converter Box Coupon Program allows U.S. households to obtain up to two coupons, each worth \$40, which can be applied toward the cost of eligible converter boxes.

For more information on the TV Converter Box Coupon program or on digital broadcasting, call the 24 hour a day, 7 days a week hotline at 1-888-DTV-2009. If you have access to the internet, you may wish to visit them online at: <https://www.dtv2009.gov/>.

FNS wants to ensure that its recipients know of this change and is working with NTIA to get the word out to households across America. This collaboration with NTIA is particularly important to our organization, because we serve a similar cross-section of populations that are in need of accurate and trusted information about the digital broadcast television transition and the TV Converter Box Coupon Program.



Are You Ready for the Digital Broadcast Television Transition?

USDA's FNS is pleased to join the National Telecommunications & Information Administration (NTIA) in a consumer outreach initiative to educate the public about the upcoming digital broadcast television (TV) transition.

You may have heard by now, at midnight on February 17, 2009, television service will transition from analog broadcasting to 100 percent digital broadcasting. By switching to digital broadcasting, this will free up airwaves for use by emergency responders while providing a clearer picture and more programming options. This means anyone using a regular inside/outside antenna, such as rabbit ears, will not receive television service unless you have a converter box. If your TV is connected to a cable box, satellite or other pay TV service, it does not require a TV converter box.

COMMENTS

Please let us know if there are any commodity-related issues that you would like us to address in future editions of this newsletter.

If you have any questions or comments on our products or services, please e-mail them directly to our Program Support Branch at: fdd-psb@fns.usda.gov.

You can also write to the Food Distribution Division, Food and Nutrition Service, USDA, 3101 Park Center Drive, Room 508, Alexandria, VA 22302.