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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...

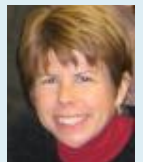
Dear FDPIR Families,

We are pleased to launch this first newsletter targeted to the families and individuals receiving USDA Foods through the Food Distribution Program on Indian Reservations (FDPIR).

This newsletter is designed to keep you up to date on program issues that are important to you, especially those related to the USDA Foods you receive. The FDPIR Food Package Work Group (a group made up of representatives from Indian Tribal Organizations, the Centers for Disease Control and Prevention, and USDA) communicates regularly and makes suggestions for improvements in the food package. We encourage you to tell us if there is a particular topic you would like us to address in future newsletters. See the last page for how to contact us.

Sincerely,

Cathie McCullough
Director
Food Distribution Division



FDPIR Is Helping You Achieve Good Nutrition...

Lowering Fat, Sugar, and Salt...In keeping with the recommendations in the *Dietary Guidelines for Americans*, USDA replaced luncheon meat, corn syrup, shortening, and butter with 90 percent lean beef round roast, 97 percent lean turkey ham, 1 percent low-fat UHT milk, and fresh tomatoes. Butter will be replaced with a light buttery spread alternative that will have less fat and calories than butter, 0mg cholesterol, and 0g *trans* fat per serving, and will give you the same great buttery flavor when used as a topping, cooking with it, or using it in your favorite heart healthy recipes. In addition, USDA is now only offering a low-fat bakery mix.

More about Ultra High Temperature (UHT) Milk...USDA introduced a 1 percent low-fat UHT milk in 2008. The milk has been very popular. It is easy to store and handle, and it does not have to be refrigerated until opened. Unopened, it also keeps longer than regular milk.



For more information about healthy eating, go to www.MyPyramid.gov

MARKET WATCH

In recent months, USDA has had difficulty finding vendors who will sell us canned potatoes, corn, tomatoes, tomato sauce, cranberry-apple juice, and packaged dehydrated potatoes. Even though you may see these items in the grocery store, sometimes when USDA tries to buy in large quantities, these vendors have already sold all of their available product to other buyers (like grocery store chains), or they cannot supply USDA with American-grown products. All USDA Foods must be American grown. Therefore, these products might be in short supply. We expect the market to improve in the next crop year. Additionally, USDA cannot offer pineapple juice in the food package, because it is no longer produced in the United States.



FDPIR FOOD PACKAGE WORK GROUP NEWS

Seasonal Commodities...
The FDPIR Food Package Work Group has recommended offering canned pumpkin and sweet potatoes only in the fall, because participants use less of these products after December. As a result, USDA will be making these products available only from the fall, through December of each year.

Whole-Grain Rotini is Coming to FDPIR...

Nearly 50 tribes have placed orders for the first delivery of whole-grain rotini—a new product in FDPIR. It is likely to be available at your distribution site shortly. Once the product arrives, we will be asking some of you for feedback.

Read the article below to find out why whole-grain foods are good for you. Other foods now available include turkey ham, beef roast, canned chicken, and fresh tomatoes.



Did You Know?

USDA whole-grain pasta is produced with 100 percent whole-grain flour—flour that utilizes all three parts of the grain. The three parts of the grain are the internal seed, the germ, and the bran. By using all three parts of the grain, 100 percent whole-grain pasta helps supply the protein, fiber, vitamins, and minerals needed for a healthy diet.

Whole Grains

Why do I need to eat them?

Whole-grain foods and other plant foods that are low in total fat, saturated fat, and cholesterol may help reduce your risk of heart disease and some cancers. Eating whole-grain foods can also relieve constipation and may help reduce the risk of developing type 2 diabetes.

How do you know if a food is a whole-grain food?

- The whole-grain ingredient should be first in the food package ingredient list.
- Most products will say “whole grain” or “whole wheat.”
- Food products labeled with words like “multi-grain”, “stone-ground”, “100 percent wheat”, “cracked wheat”, “seven-grain”, or even “bran” usually are not whole grain.
- Color is not an indication of whole grain. For example, pumpernickel bread, which is dark brown, is not a whole-grain bread.
- The amount of fiber is not an indicator of a whole-grain food.

How much whole grain should I eat every day?

At least half of the grains you eat every day should be whole-grain foods as recommended by the *2005 Dietary Guidelines for Americans*. For a 2,000 calorie diet, that means about 3 ounces of whole-grain foods like whole-wheat bread, breakfast cereal (oats), crackers, pasta (macaroni, spaghetti, rotini), or brown rice. One ounce is about 1 slice of bread or ½ cup of cooked rice or pasta.

To find a list of whole-grain foods or tips on how to add more whole grains to your diet, visit www.MyPyramid.gov.



Beany Rotini

Makes four 1 ½-cup servings

Ingredients:

- 8 ounces (½ box) whole-grain rotini *
- 3 cups low-sodium tomato sauce **
- 1 ½ cups frozen spinach leaves
- 1 green bell pepper, sliced
- 1 cup kidney beans, canned, low-sodium, drained and rinsed **

(*) These are USDA Foods provided through FDPIR.

(†) These USDA Foods are low-sodium products (140 mg/serving).

Directions:

Cook rotini according to package directions. Drain the rotini and set it aside. Put the tomato sauce, frozen spinach, green peppers and kidney beans in a large sauce pan. Cook over medium high heat until the sauce comes to a boil. Lower the heat and simmer about 5 minutes until peppers are tender. Mix the rotini with the sauce and serve.

Nutrition Information per 1 ½-cup serving:

462 calories, 11 g fat, 178 mg sodium, 73 g carbohydrates, 11 g fiber, 5 g sugar, 17 g protein, 476 RAE vitamin A, 28 mg vitamin C, 220 mg calcium, 5 mg iron

FDPIR Peanut Recall Facts

Question:

Are the peanut products in FDPIR food packages safe to eat?

Answer:

Yes! Current peanut products are supplied by vendors who are not involved with the recall. FDPIR peanut products are safe to eat.

Question:

Did any ITO participants get sick from eating the peanuts?

Answer:

No! There were no reported illnesses involving the peanuts distributed through FDPIR.

USDA's Food and Nutrition Service 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 that at midnight on June 12, 2009, television service will transition from analog broadcasting to 100 percent digital broadcasting. Switching to digital broadcasting will free up airwaves for use by emergency responders, while providing a clearer picture and more programming options.

This means that if you use a regular inside/outside antenna, such as rabbit ears, you will not receive television channels 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 converter box.

To request a coupon and to learn more about the digital transition, visit <https://www.dtv2009.gov/> or call the Coupon Program's toll-free 24-hour automated system at 1-888-388-2009.

This & That

The Key to Preventing Illness Is In the Palm of Your Hand

Submitted by the Food Safety Unit, Office of Emergency Management and Food Safety, of the Food and Nutrition Service.



In the United States, over 76 million people become sick each year from foods they have eaten. One of the best actions you can take to protect yourself and your family is to wash your hands frequently and thoroughly. In addition to protecting yourself from foodborne illness, frequently washing your hands can reduce your chances of getting sick from the flu, colds, and other illnesses as well.

When should you wash your hands?

Wash hands frequently when cooking or eating, especially:

- before beginning food preparation;
- before eating;
- after handling raw food;
- after clearing or cleaning tables;
- after clearing, scraping, or washing dirty plates or utensils; and
- after using cleaning chemicals.

Other times to wash your hands include:

- after going to the bathroom;
- after changing diapers or cleaning up a child who has gone to the bathroom;
- before and after tending to someone who is sick;
- after blowing your nose, coughing, or sneezing;
- after handling an animal or animal waste;
- after handling garbage; and
- before and after treating a cut or wound.

How do you wash your hands?

Using soap and hot water is the most effective method of hand washing. If you are away from home and soap and water are not available, use an alcohol-based hand sanitizer or hand wipes.

1. Wet hands with water and apply soap.
2. Rub hands together for 20 seconds, including forearms, between the fingers, and under fingernails.
3. Rinse thoroughly under running water.
4. Dry hands well.

If you are away from home:

- Dry hands using a single-use paper towel or warm air dryer.
- Turn off water using a paper towel.
- Use a paper towel to open the door when exiting the bathroom.



Tips To Help You Eat More Vegetables

In general,

- Buy fresh vegetables in season; they cost less and are likely to be at their peak flavor.
- Buy canned and frozen vegetables on sale, for quick, economical, and easy cooking.
- Vary your veggie choices to keep meals interesting.
- Try crunchy vegetables, raw or lightly steamed.

Why is it important to eat vegetables?

Vegetables provide nutrients needed for the health and maintenance of your body.

Eating a diet rich in fruits and vegetables as a part of an overall healthy diet may reduce risk for:

- stroke and perhaps other cardiovascular diseases;
- type 2 diabetes;
- coronary heart disease;
- developing kidney stones; and

FDPIR Family Focus is jointly developed by the Food Distribution Division, the Office of Strategic Initiative Partnerships and Outreach, and the Food Safety Unit of the USDA Food and Nutrition Service in Alexandria, Virginia.

To contact us, please email fdd-psb@fns.usda.gov or contact your local Indian Tribal Organization (ITO).

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Bean and Vegetable Stew

Makes about four 1-cup servings



Ingredients:

- | | |
|------------------------------------------------------------------------------|---------------------------------------------------------------|
| 2 cups canned low-sodium kidney beans, drained *† | 2 garlic cloves, finely chopped (or ¼ teaspoon garlic powder) |
| 1 cup carrots, chopped (or 1 cup canned carrots, drained *) | ½ teaspoon cumin (if you like) |
| 1 cup canned green beans, drained * | Chili powder to taste |
| 1 medium onion *, chopped | 1 cup low-sodium tomato sauce *† |
| 1 medium potato *, chopped (or 1 cup canned potatoes, drained and chopped *) | 2 cups water |
| | 1 tablespoon vegetable oil* |
| | Salt to taste |

(*) These are USDA Foods provided through FDPIR.

(†) These are USDA Foods that are low-sodium products (140 mg/serving).

Directions:

In a large pot, heat oil; cook onions and garlic over medium heat until soft. Add carrots, green beans, potatoes, and chili powder; cook until tender. If using cumin, add that too. Add water and simmer. Set aside ½-cup kidney beans and mash well; add the rest of the beans to the pot and simmer until all vegetables are tender. Add the mashed beans and mix well; season to taste. Serve immediately or refrigerate within 2 hours.

Tips:

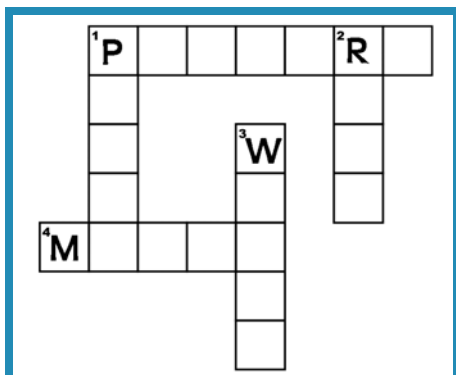
Serve with whole-grain rice or with whole-wheat bread. Other vegetables, such as peas or squash, can be used in any combination. Garnish with fresh herbs, such as cilantro, basil or mint, and lemon juice.

Nutrition Information per 1-cup serving:

266 calories, 4.4 g fat, 269 mg sodium, 50 g carbohydrates, 13.6 g fiber, 3.5 g sugar, 10 g protein, 343 RAE vitamin A, 21 mg vitamin C, 77 mg calcium, 2.8 mg iron

FDPIR Kids Corner

R U A GRAIN BRAIN?



Down

1. Another name for noodles
2. Is the second most eaten grain in the world
3. Most breads are made from this grain

Across

1. Dry corn that is cooked at a high heat
4. Another name for corn

Answers:
Down: 1. pasta, 2. rice, 3. wheat
Across: 1. popcorn, 4. maize