



## **Food and Nutrition Resource Guide for Homeless Shelters, Soup Kitchens, and Food Banks May 2009**

This publication contains food and nutrition educational materials for staff and volunteers working in homeless shelters, soup kitchens, food banks, and other related facilities, as well as materials that can be used by clients.

This guide is divided into two sections: I) Educational Materials for Clients, and II) Resources for Staff and Volunteers. Topics include general nutrition, pregnancy, infant and child feeding, nutrition for older adults, managing food resources, food safety, and food security research.

The Food and Nutrition Information Center (FNIC) of the National Agricultural Library prepared this guide as part of a partnership with the Food and Nutrition Service (FNS) of the U.S. Department of Agriculture (USDA). Inclusion of an organization in this *Resource Guide* does not indicate endorsement by the USDA, nor does the USDA ensure the accuracy of all information provided by these organizations.

This resource list is available from FNIC's Web site at:

<http://www.nal.usda.gov/fnic/pubs/homeless.pdf>. A complete list of FNIC publications can be found at <http://fnic.nal.usda.gov/resourcelists>.

### **Table of Contents:**

- I. Educational Materials for Clients
  - A. General Nutrition
  - B. Pregnancy
  - C. Breastfeeding and Infant Nutrition
  - D. Feeding Young Children
  - E. Nutrition for Older Adults
  - F. Food Resource Management and Menu Planning
  - G. Food Safety and Sanitation
  
- II. Resources for Staff and Volunteers
  - A. General Guidance
  - B. Research
  - C. Community Involvement
  - D. Seeking Additional Funding / Grant Writing
  - E. Food Safety
  - F. Contacts for Assistance

## I. Educational Materials for Clients

### A. General Nutrition

#### Consumer Corner

Food and Nutrition Information Center, National Agricultural Library, Agricultural Research Service, U.S. Department of Agriculture

**Web site:** <http://fnic.nal.usda.gov/consumer>

**Description:** This user-friendly site from USDA's Food and Nutrition Information Center provides access to a variety of food and nutrition publications that are mostly full-text and specifically geared to answer the questions consumers most often ask. They are organized into the major categories of Frequently Asked Questions, All About Food (Cooking, Recipes, Canning, and Definitions), Nutrition Over the Lifecycle, and Other Hot Topics (over 25 topics ranging from Anorexia to Eating Smart to Weight Management), each with many resources to inform and motivate. The section entitled Can't Find What You Want? guides the user to additional sources of information.

#### Finding Your Way to a Healthier You

U.S. Department of Agriculture and U.S. Department of Health and Human Services

**Web site:** <http://www.health.gov/dietaryguidelines/dga2005/document/html/brochure.htm>

Printable PDF: <http://www.health.gov/dietaryguidelines/dga2005/document/pdf/brochure.pdf>  
(220 KB)

**Description:** Based on the 2005 Dietary Guidelines for Americans, this consumer brochure teaches how to make smart food choices and balance food and physical activity to increase chances for a healthy life.

**Ordering Information:** Stock Number 001-000-04718-3

U.S. Government Printing Office

732 North Capitol St., NW

Washington, DC 20401

Phone: 866-512-1800 Fax: 202-512-2104

Email: [ContactCenter@gpo.gov](mailto:ContactCenter@gpo.gov)

#### My Pyramid.gov

U.S. Department of Agriculture and U.S. Department of Health and Human Services

**Web site:** <http://www.mypyramid.gov>

**Description:** "My Pyramid" is the representation of the food guidance system that illustrates individual calorie needs by incorporating the food groups with physical activity levels. On the site you will find images of the pyramid to print as well as interactive tools.

#### MyPyramid Table Tent

Iowa State University Cooperative Extension

**Web site:** <http://www.extension.iastate.edu/Publications/N3483C.pdf>

**Description:** 8.5 x 11" page with instructions for cutting out image to form a MyPyramid table tent, appropriate for use in a group feeding setting. Also available in black and white (<http://www.extension.iastate.edu/Publications/N3483BW.pdf>).



## B. Pregnancy

### 9 Months To Get Ready

Washington State Department of Health

**Web site:** [https://fortress.wa.gov/doh/here/materials/CRA\\_Detail.aspx?ID=423](https://fortress.wa.gov/doh/here/materials/CRA_Detail.aspx?ID=423)

**Description:** This booklet from Washington State provides a month-to-month description of fetal development, changes to the pregnant woman's body and how to have a healthy pregnancy. Additional topics on routine prenatal care, special tests, warning signs, nutrition, weight gain, breastfeeding, exercise, sex during pregnancy, labor, delivery and postpartum care. Also available in Russian and Spanish.

### About Lead and Pregnancy

Channing Bete Company, Inc.

**Description:** This booklet explains how exposure to lead can harm an unborn baby, and also tells readers how to reduce the risk of exposure by eliminating sources of lead at home. It answers common questions and offers additional sources of help.

**Ordering Information:**

Channing Bete Company, Inc.

One Community Place

South Deerfield, MA 01373-0200

Phone: 800-477-4776

Email: [custsvcs@channing-bete.com](mailto:custsvcs@channing-bete.com)

Online ordering: <http://www.channing-bete.com/>

Pub no. 20024 (English), 20032 (Spanish)

### Advice for a Healthy Pregnancy

Susan J. Auger and Melida Colindres

**Description:** Imparts prenatal nutrition advice. Notes how USDA's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) can assist with a healthy pregnancy. Also available in Spanish.

**Ordering Information:**

Phone: 919-361-1857

Email: [aprendopress@mindspring.com](mailto:aprendopress@mindspring.com)

Online ordering: <http://www.aprendopress.com/>



### **Drinking and Your Pregnancy**

National Institute on Alcohol Abuse and Alcoholism, National Institutes of Health.

**Web site:** [http://pubs.niaaa.nih.gov/publications/DrinkingPregnancy\\_HTML/pregnancy.pdf](http://pubs.niaaa.nih.gov/publications/DrinkingPregnancy_HTML/pregnancy.pdf)

**Description:** Answers questions women may have about alcohol consumption during pregnancy, and outlines the effects of Fetal Alcohol Syndrome. Also available in a Native American version (<http://pubs.niaaa.nih.gov/publications/fas/fas.htm>) and Spanish ([http://pubs.niaaa.nih.gov/publications/DrinkingPregnancy\\_HTMLSpan/pregnancy\\_spanish.pdf](http://pubs.niaaa.nih.gov/publications/DrinkingPregnancy_HTMLSpan/pregnancy_spanish.pdf)).

#### **Ordering Information:**

NIAAA

P.O. Box 10686

Rockville, MD 20849-0686

Online ordering: <http://pubs.niaaa.nih.gov/publications/english-order.htm>

### **Easy to Read Publications for Pregnant Women**

March of Dimes

**Web site:** [http://www.marchofdimes.com/professionals/2222\\_2269.asp](http://www.marchofdimes.com/professionals/2222_2269.asp)

**Description:** These publications are designed for consumers who read at a fifth- to seventh-grade level and cover topics of importance before, during, and after pregnancy.

#### **Ordering Information:**

Order form: [http://www.marchofdimes.com/files/Order\\_Form\\_11.08.pdf](http://www.marchofdimes.com/files/Order_Form_11.08.pdf)

P.O. Box 932852

Atlanta, GA 31193-2852

Phone: 1-800-367-6630    Outside U.S.: 1-770-280-4115

Fax: 1-770-280-4116

E-mail: [mod@pbd.com](mailto:mod@pbd.com)

### **Healthy Eating During Pregnancy**

Rhode Island Department of Health

**Web site:** [http://www.nal.usda.gov/wicworks/Sharing\\_Center/RI/prenatal\\_foodguide.pdf](http://www.nal.usda.gov/wicworks/Sharing_Center/RI/prenatal_foodguide.pdf)

**Description:** This prenatal food guide developed by Rhode Island provides information about healthy eating during pregnancy, foods to avoid/limit, and some common discomforts/health concerns during pregnancy. The guide is also available in Spanish ([http://www.nal.usda.gov/wicworks/Sharing\\_Center/RI/prenatal\\_foodguide\\_ESP.pdf](http://www.nal.usda.gov/wicworks/Sharing_Center/RI/prenatal_foodguide_ESP.pdf)).



### **Healthy Mothers Have Healthier Babies with Folic Acid: Emma's Story**

Centers for Disease Control and Prevention, U.S. Department of Health and Human Services

**Web site:** [http://www.cdc.gov/ncbddd/folicacid/documents/FINAL\\_ENG\\_EMMA\\_PDF.pdf](http://www.cdc.gov/ncbddd/folicacid/documents/FINAL_ENG_EMMA_PDF.pdf)

**Description:** Tells the story of a mother's decision to take folic acid before, during, and after pregnancy. Also available in Spanish.

**Ordering Information:**

English: Item #099-7626; Spanish: Item #099-7627

Order form: [http://www.cdc.gov/ncbddd/folicacid/documents/FA\\_Order\\_Form.pdf](http://www.cdc.gov/ncbddd/folicacid/documents/FA_Order_Form.pdf)

Mail or fax order form to:

"Flo" at NCBDDD

Centers for Disease Control and Prevention

1600 Clifton Road, Mail Stop E-86

Atlanta, GA 30333

Fax: 404-498-3550

Email: [FLO@cdc.gov](mailto:FLO@cdc.gov)

### **Healthy Pregnancy Calendar: Tips for Your Pregnancy**

Channing Bete Company, Inc.

**Description:** Details the stages of pregnancy, with additional information on risk factors such as substance abuse, smoking, and poor nutrition. Pocket-sized with space for writing notes.

Also available in Spanish.

**Ordering Information:**

Channing Bete Company, Inc.

One Community Place

South Deerfield, MA 01373-0200

Phone: 800-477-4776

Email: [custsvcs@channing-bete.com](mailto:custsvcs@channing-bete.com)

Online ordering: <http://www.channing-bete.com/>

### **A Healthy Pregnancy: Mayra and Eduardo's Story**

Channing Bete Company, Inc.

**Description:** This booklet uses a story format to illustrate the importance of regular health care for pregnant women. Also available in Spanish.

**Ordering Information:**

Channing Bete Company, Inc.

One Community Place

South Deerfield, MA 01373-0200

800-477-4776

Email: [custsvcs@channing-bete.com](mailto:custsvcs@channing-bete.com)

Online ordering: <http://www.channing-bete.com/>

Pub no. 76674 (English), 76682 (Spanish)



### **MyPyramid for Pregnancy and Breastfeeding**

Center for Nutrition Policy and Promotion, U.S. Department of Agriculture

**Web site:** <http://www.mypyramid.gov/mypyramidmoms/index.html>

**Description:** Personalizes the amount of food needed for each stage of pregnancy using the mother's age, height, and pre-pregnancy weight. Offers advice on pregnancy weight gain, dietary supplements, and food safety. Furnishes information on eating for breastfeeding and losing weight during breastfeeding.

### **Protect Your Baby and Yourself from Listeriosis**

Food Safety and Inspection Service, U.S. Department of Agriculture

**Web site:** [http://www.fsis.usda.gov/PDF/Protect\\_Your\\_Baby.pdf](http://www.fsis.usda.gov/PDF/Protect_Your_Baby.pdf)

**Description:** Enumerates the symptoms, treatment, and prevention of Listeriosis. Also available in Spanish.

## **C. Breastfeeding and Infant Nutrition**

### **An Easy Guide to Breastfeeding**

U.S. Department of Health and Human Services, Office of Women's Health

**Web site:** <http://www.4woman.gov/pub/bf.cfm>

**Description:** Presents information to women from different cultures on breastfeeding. Explains the benefits for baby, mother and society, and also provides frequently asked questions. Also available in Spanish and Chinese.

**Ordering Information:**

Phone: 800-994-9662

### **Feeding Your Baby Birth to 8 Months**

Washington State Department of Health

**Web site:** [https://fortress.wa.gov/doh/here/materials/CRA\\_Detail.aspx?ID=379](https://fortress.wa.gov/doh/here/materials/CRA_Detail.aspx?ID=379)

**Description:** Provides information on when to introduce certain foods based on developmental stages of the infant. Also available in Arabic, Cambodian, Chinese, Korean, Russian, Somali, Spanish and Vietnamese.

**Ordering Information:**

Online ordering: <https://fortress.wa.gov/doh/here/materials/hedcatalog.html>



## **Feeding Your Baby from Birth to Age 2: A Parent's Handbook**

Channing Bete Company, Inc.

**Description:** Allows parents to keep track of child's feeding schedules and health care appointments while providing information on infant nutrition, breastfeeding and weaning.

### **Ordering Information:**

Channing Bete Company, Inc.

One Community Place

South Deerfield, MA 01373-0200

Phone: 800-477-4776

Email: [custsvcs@channing-bete.com](mailto:custsvcs@channing-bete.com)

Online ordering: <http://www.channing-bete.com/>

## **Feeding Your Baby with Breast Milk or Formula**

Food and Drug Administration

**Web site:** <http://www.fda.gov/opacom/lowlit/feedbby.pdf> (English)

<http://www.fda.gov/opacom/lowlit/sfeedbby.pdf> (Spanish)

**Description:** Covers the benefits of breastfeeding for the baby and mother, how to prepare and store formula safely, and when it is appropriate to switch to cow's milk. Also available in Spanish.

## **Formula Feeding FAQs: How Much and How Often**

Nemours Foundation

### **Web site:**

[http://kidshealth.org/parent/pregnancy\\_newborn/formulafeed/formulafeed\\_often.html](http://kidshealth.org/parent/pregnancy_newborn/formulafeed/formulafeed_often.html)

**Description:** Informs caregivers how to detect an infant's hunger cues, prepare bottles, and ensure he or she is eating enough.

## **Help Me Be Healthy Series**

Crabtree and Company, Inc.

**Web site:** [http://www.nal.usda.gov/wicworks/Sharing\\_Center/gallery/helpmebehealthy.htm](http://www.nal.usda.gov/wicworks/Sharing_Center/gallery/helpmebehealthy.htm)

**Description:** Offers guidance on child health and nutrition issues from birth through five years of age. Also available in Spanish.

### **Ordering Information:**

Crabtree and Company, Inc.

200 Park Avenue

Falls Church, VA 22046

Phone: 888-531-9001

Email: [info@helpmebehealthy.net](mailto:info@helpmebehealthy.net)



### **I'm Ready! Feeding Family Foods to Your Baby**

Washington State Department of Health

**Web site:** [https://fortress.wa.gov/doh/here/materials/CRA\\_Detail.aspx?ID=410](https://fortress.wa.gov/doh/here/materials/CRA_Detail.aspx?ID=410)

**Description:** Provides guidance on introducing the older infant to table foods, finger foods and more textured foods. Also available in Russian and Spanish.

#### **Ordering Information:**

Washington State Department of Health

Office of Health Promotion

P.O. Box 47833

Olympia, WA 98504-7833

Online ordering: <https://fortress.wa.gov/doh/here/materials/hedcatalog.html>

### **MyPyramid in Action: Tips for Breastfeeding Moms**

Center for Nutrition Policy and Promotion, U.S. Department of Agriculture

**Web site:** <http://www.nal.usda.gov/wicworks/Topics/BreastfeedingFactSheet.pdf>

**Description:** Guides the mother in what she needs to eat during the different stages of breastfeeding.

### **The Power of Love and Support: A Romantic Breastfeeding Story**

Grace Damino, MS; Rafael Perez-Escamilla, Ph.D.; Hispanic Health Council, Inc.

**Web site:** <http://www.hispanichealth.com/efotonovela2.pdf>

**Description:** This photonovela targets Latino(a)s. The story presents the advantages of breastfeeding and highlights the need for women who wish to breastfeed to be well supported by their families, health providers, and society with their infant feeding decisions. Also available in Spanish.

#### **Ordering Information:**

Hispanic Health Council, Inc.

175 Main Street

Hartford, CT 06106

Phone: 860-527-0856

Online ordering: <http://www.hispanichealth.com/pana.htm>

### **When Disasters Happen: Breastfeeding During Emergencies**

Pamela Wiggins, IBCLC, L.A. Publishing

**Description:** This pamphlet provides guidance on the benefits of breastfeeding during an emergency. It provides guidance on how to continue breastfeeding during an emergency and how to re-lactate if necessary. Also available in Spanish.

#### **Ordering Information:**

L. A. Publishing

Franklin, VA 23851

Phone: 800-397-5833

Fax: 757-569-1447

This item is available to purchase from the publisher in packs of 50. Bulk pricing is available.

Online ordering: <http://www.breastfeedingbooks.com>

Order form: <http://www.breastfeedingbooks.com/images/pdfs/orderform.pdf>



## **WIC Breastfeeding Resources**

California Department of Public Health

**Web site:** <http://www.cdph.ca.gov/programs/wicworks/Pages/WIC-BFResource.aspx>

**Description:** Series of pamphlets. Topics include what to expect during the first week of breastfeeding, working and breastfeeding and breastfeeding in public.

## **D. Feeding Young Children**

### **Feeding Infants and Children**

Washington State Department of Health WIC Program

**Web site:** [http://www.nal.usda.gov/wicworks/Sharing\\_Center/gallery/wic\\_fam4.htm#fa16](http://www.nal.usda.gov/wicworks/Sharing_Center/gallery/wic_fam4.htm#fa16)

**Description:** This series of pamphlets, available in a variety of languages, include information on feeding infants and children, including appropriate serving sizes, sample menus, transitioning to the cup and preventing/treating constipation. *Feeding Your 1 to 2 Year Old* and *Feeding Your 3n to 5 Year Old* may be of particular interest. Materials are available in Arabic, Cambodian, Chinese, English, Korean, Russian, Somali, Spanish, and Vietnamese.

### **Help Me Be Healthy Series**

Maryland WIC Program

**Web site:** [http://www.nal.usda.gov/wicworks/Sharing\\_Center/gallery/helpmebehealthy.htm](http://www.nal.usda.gov/wicworks/Sharing_Center/gallery/helpmebehealthy.htm)

**Description:** This pamphlet series offers a comprehensive treatment of important child health issues, but delivers the information in small doses for ease in comprehension. Materials are also available in Spanish.

### **Is Your Family Facing Homelessness or Housing Problems? Special New Rules Make Signing Up For Free School Meals Fast and Easy!**

Food Research and Action Center

**Web site:** <http://www.frac.org/html/publications/homelesseducpamphletgovt.PDF>

**Description:** This simple brochure explains who may be eligible for school meals and how to apply.

### **MyPyramid for Kids: Tips for Families**

Team Nutrition, Food and Nutrition Service, U.S. Department of Agriculture

**Web site:** <http://teamnutrition.usda.gov/Resources/mypyramidtips.html>

**Description:** A 2-sided MyPyramid for Kids mini-poster with the MyPyramid for Kids graphic on one side and eating and physical activity tips on the other side. Also available in Spanish.

### **MyPyramid for Preschoolers**

Center for Nutrition Policy and Promotion, U.S. Department of Agriculture

**Web site:** <http://mypyramid.gov/preschoolers/>

**Description:** Use *MyPyramid* to help your *preschooler* eat well, be active, and be healthy. *MyPyramid for Preschoolers* is for children 2 to 5 years of age.



## **Protect Your Child from Lead Poisoning**

Channing Bete Company, Inc.

**Description:** This pamphlet explains the effects of lead poisoning, focusing on the way in which it harms children. It alerts parents to the signs of lead poisoning, stressing that there are usually none. Also available in Spanish.

### **Ordering Information:**

Channing Bete Company, Inc.

One Community Place

South Deerfield, MA 01373-0200

Phone: 800-477-4776

Email: [custsvcs@channing-bete.com](mailto:custsvcs@channing-bete.com)

Online ordering: <http://www.channing-bete.com/>

Pub no: 31729 (English), 30222 (Spanish)

## **E. Nutrition for Older Adults**

### **Age Page—Good Nutrition: It's a Way of life**

U.S. Department Of Health and Human Services, National Institutes of Health, National Institute on Aging

**Web sites:** <http://www.niapublications.org/agepages/nutrition.asp>

[http://www.niapublications.org/agepages/PDFs/Good\\_Nutrition-Its\\_A\\_Way\\_of\\_Life.pdf](http://www.niapublications.org/agepages/PDFs/Good_Nutrition-Its_A_Way_of_Life.pdf)  
(PDF|172 KB)

**Description:** This 15-page brochure provides information on appropriate eating for older adults. Outlines which foods older adults should including in the diet and how much they should consume. Common concerns such as water requirements, cutting down on salt and keeping costs low are addressed.

### **Ordering Information:**

National Institute on Aging Information Center

P.O. Box 8057

Gaithersburg, MD 20898-8057

Phone: 800-222-2225 or TTY: 800-222-4225

### **Dietary Reference Intakes (DRI's) for Older Adults**

Florida International University, National Policy and Resource Center on Nutrition and Aging

**Web site:** <http://www.fiu.edu/~nutreldr/SubjectList/D/DRI%20Table%203%20pages%209-13-2004.pdf> (PDF|169 KB)

**Description:** This table provides DRI values for men and women for ages 51 to 70 and over 70. They include the Recommended Dietary Allowances (RDAs) or Adequate Intake (AI) (whichever is available), and the Tolerable Upper Intake Level (UL). The tables were compiled using data from the Institute of Medicine's *Dietary Reference Intakes*.



### **Eating Well As We Age**

U.S. Department Of Health and Human Services, Food and Drug Administration

**Web site:** <http://www.fda.gov/opacom/lowlit/eatage.html>

**Description:** Many older adults have difficulty maintaining good nutrition due to problems like difficulty chewing or low appetite. This resource addresses six common nutrition concerns and ways to overcome them. A short discussion on how to read food labels is also included. Available in English and Spanish, in fact sheet or brochure formats.

#### **Ordering Information:**

Obtain up to 50 printed brochures, free by writing to:

FDA, HFI-40

Rockville, MD 20857

Phone: 888- INFO-FDA (888-463-6332)

Please include the publication number FDA05-1107C with your order.

### **Fit and Fabulous as You Mature**

U.S. Department Of Health and Human Services, National Institutes of Health, The National Institute of Diabetes and Digestive and Kidney Diseases, Weight-control Information Network (WIN)

**Web sites:** <http://win.niddk.nih.gov/publications/mature.htm>

<http://win.niddk.nih.gov/publications/PDFs/FitandFabulous2004.pdf> (PDF|601 KB)

**Description:** This 15-page booklet provides tips for healthy eating and safe physical activity for older adults. Defines a healthy weight and offers ideas for planning and preparing meals.

**Ordering Information:** Call or write and ask for NIH Publication No. 02-4927

Weight-control Information Network

1 WIN Way

Bethesda, MD 20892-3665

Phone: 877-946-4627 Fax: 202-828-1028

E-mail: [win@info.niddk.nih.gov](mailto:win@info.niddk.nih.gov)

### **Growing Older, Eating Better**

U.S. Department Of Health and Human Services, Food and Drug Administration

**Web site:** [http://www.fda.gov/fdac/features/296\\_old.html](http://www.fda.gov/fdac/features/296_old.html)

**Description:** This publication discusses changes in life that may occur with age such as increased physical problems, special diets, social isolation and the effect they have on eating well. Provides details on federal programs under the Older Americans Act.



### **Lifecycle Nutrition: Aging**

U.S. Department of Agriculture, National Agricultural Library, Food and Nutrition Information Center (FNIC)

**Web site:**

[http://fnic.nal.usda.gov/nal\\_display/index.php?info\\_center=4&tax\\_level=2&tax\\_subject=257&opic\\_id=1355](http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=257&opic_id=1355)

**Description:** This is a Web resource for and about seniors. The Web page links to credible resources on healthy eating, nutrition challenges related to aging, food safety issues and food assistance programs.

### **Modified MyPyramid for Older Adults**

Tufts University, Freidman School of Nutrition Science and Policy

**Web site:** [http://nutrition.tufts.edu/1197972031385/Nutrition-Page-nl2w\\_1198058402614.html](http://nutrition.tufts.edu/1197972031385/Nutrition-Page-nl2w_1198058402614.html)

**Description:** Researchers at Tufts University have developed a modified MyPyramid that emphasizes the nutritional needs of adults over age 70. Nutrient dense foods, fluid balance and regular physical activity are all highlighted.

### **NIHSeniorHealth.gov**

U.S. Department Of Health and Human Services, National Institutes of Health

**Web site:** <http://nihseniorhealth.gov/>

**Description:** NIHSeniorHealth.gov is a Web site created by the National Library of Medicine and the National Institute on Aging. The site provides comprehensive nutrition-related information as well as a variety of other health and medical information specific to older adults.

### **Nutrition After Fifty**

American Institute for Cancer Research

**Web sites:** [http://www.aicr.org/site/PageServer?pagename=pub\\_nutrition\\_af](http://www.aicr.org/site/PageServer?pagename=pub_nutrition_af)  
<http://aicr.convio.net/site/DocServer/af.pdf?docID=102&AddInterest=1421> (PDF|478 KB)

**Description:** Written specifically for people over the age of 50, this booklet provides general information and practical strategies for maintaining a healthy diet. It focuses on common age-related issues such as chewing difficulty, unintentional weight loss, and constipation. The booklet also includes recipes that are healthy and easy to prepare.

**Ordering Information:**

Free orders can be shipped to U.S. addresses only. Please allow two weeks for delivery. Order online or write:

American Institute for Cancer Research  
1759 R Street, NW  
Washington, DC 20009  
Phone: 800-843-8114



### **Young at Heart: Tips for Older Adults**

U.S. Department Of Health and Human Services, National Institutes of Health, The National Institute of Diabetes and Digestive and Kidney Diseases, Weight-control Information Network (WIN)

**Web sites:** [http://win.niddk.nih.gov/publications/young\\_heart.htm](http://win.niddk.nih.gov/publications/young_heart.htm)

<http://win.niddk.nih.gov/publications/PDFs/youngatheart.pdf> (PDF|857 KB)

**Description:** Young at Heart is a booklet that provides tips for healthy eating and safe physical activity for older adults. Defines a healthy weight and offers ideas for planning and preparing meals.

#### **Ordering Information:**

Call or write and ask for NIH Publication No. 02-4993.

Weight-control Information Network

1 WIN Way

Bethesda, MD 20892-3665

Phone: 877-946-4627

Fax: 202-828-1028

E-mail: [win@info.niddk.nih.gov](mailto:win@info.niddk.nih.gov)

## **F. Food Resource Management and Menu Planning**

### **A Healthier You**

Office of Disease Prevention and Health Promotion, Department of Health and Human Services

**Web site:** <http://www.health.gov/dietaryguidelines/dga2005/healthieryou/contents.htm>

**Description:** The resource provides practical advice for making healthy choices with food and physical activity. It includes a shopping list feature and money saving tips. Based on the Dietary Guidelines for Americans 2005.

**Ordering Information:** Stock Number 017-001-00555-0

U.S. Government Printing Office

732 North Capitol St. NW

Washington, DC 20401

Phone: 866-512-1800 Fax: 202-512-2104

Email: [ContactCenter@gpo.gov](mailto:ContactCenter@gpo.gov)

Online Ordering: [http://bookstore.gpo.gov/collections/healthier\\_you.jsp](http://bookstore.gpo.gov/collections/healthier_you.jsp)

### **Basic Foods for Cupboard, Fridge & Freezer: Create Your Own List!**

University of Nebraska-Lincoln Extension

**Web sites:** <http://lancaster.unl.edu/food/ciq-basics.shtml>

<http://lancaster.unl.edu/food/basic%20foods.pdf> (PDF|2.57 KB)

**Description:** A "starter list" of basic foods that can be combined and recombined in a variety of new, delicious (and nutritious!) ways.



### **Be Prepared With a Three Day Emergency Supply**

Iowa State University Extension

**Web site:** <http://www.extension.iastate.edu/Publications/PM1552-6DX.pdf> (PDF|117KB)

**Description:** Helpful tips on how to prepare a 3-day emergency food-supply. Suggested grocery items, storage length, and three day emergency menu provided.

### **Eat Right When Money's Tight Tip Sheet**

Supplemental Nutrition Assistance Program (SNAP), Food and Nutrition Service, U.S.

Department of Agriculture

**Web site:**

<http://www.nal.usda.gov/foodstamp/pdf/Making%20Ends%20Meet%20Fact%20Sheet-FINAL.pdf> (PDF|1.5MB)

**Description:** This tip sheet, created by SNAP, provides information on how to shop for a nutritious diet while on a low-income budget.

### **Eat Well for Less Web based Learning: Stretching Your Food Dollars**

Oregon State University Extension Service

**Web site:** [http://extension.oregonstate.edu/fcd/nutrition/ewfl/module\\_03/](http://extension.oregonstate.edu/fcd/nutrition/ewfl/module_03/)

**Description:** Web based learning module providing tips and instructions to participants on basic food resource management. The program's goal is to share useful information about how to plan healthful meals, prepare tasty, low-cost foods that are quick and easy, and make food dollars last through the month.

### **Manage Your Food Dollars Wisely**

SNAP-Ed Connection, National Agricultural Library, Agricultural Research Service, U.S.

Department of Agriculture

**Web site:**

[http://snap.nal.usda.gov/nal\\_display/index.php?info\\_center=15&tax\\_level=3&tax\\_subject=261&topic\\_id=1243&level3\\_id=6213](http://snap.nal.usda.gov/nal_display/index.php?info_center=15&tax_level=3&tax_subject=261&topic_id=1243&level3_id=6213)

**Description:** A collection of web-available, print-ready nutrition education materials focused on food resource management; includes shopping tips, food budgeting handouts, thrifty cooking ideas and more.

### **Money for Food**

Wisconsin Nutrition Education Program, University of Wisconsin Extension

**Web site:** <http://www.uwex.edu/ces/wnep/teach/mff/index.cfm>

**Description:** The Money for Food Curriculum is designed to help families with limited resources become more food secure. The series of 12 lessons teach meal planning and food resource management skills. Individual lesson plans and support materials are available in PDF format online.



### **MyPyramid Menu Planner**

Center for Nutrition Policy and Promotion, U.S. Department of Agriculture

**Web site:** <http://www.mypyramidtracker.gov/planner/>

**Description:** Interactive nutrition guidance tool designed to help people plan better menus based on the recommendations of MyPyramid and the Dietary Guidelines for Americans.

### **Sample Menu at 2000 Calorie Level**

Center for Nutrition Policy and Promotion, U.S. Department of Agriculture

**Web site:** [http://www.mypyramid.gov/downloads/sample\\_menu.pdf](http://www.mypyramid.gov/downloads/sample_menu.pdf)

**Description:** This sample menu can help demonstrate how all the recommendations for each food group and nutrient intake can be integrated into a weekly menu.

### **SNAP-Ed Connection Recipe Finder Database**

SNAP-Ed Connection, National Agricultural Library, Agricultural Research Service, U.S. Department of Agriculture

**Web site:** <http://recipefinder.nal.usda.gov/>

**Description:** A database of recipes specially tailored for nutrition educators working with the limited resource population. Recipes are low cost, use few ingredients and are compatible with the Dietary Guidelines for Americans. All recipes are available in Spanish and English.

## **G. Food Safety and Sanitation**

### **Be Food Safe**

Iowa State University Extension

**Web site:** <http://www.extension.iastate.edu/Publications/PM2052.pdf>

**Description:** This poster series illustrates four important aspects of keeping food safe: clean, separate, cook, and chill.

### **Food Safety Fact Sheets for At-Risk and Underserved Populations**

Food Safety and Inspection Service

**Web site:**

[http://www.fsis.usda.gov/Factsheets/At\\_Risk\\_&\\_Underserved\\_Fact\\_Sheets/index.asp](http://www.fsis.usda.gov/Factsheets/At_Risk_&_Underserved_Fact_Sheets/index.asp)

**Description:** This page includes fact sheets written with at-risk citizens in mind. Infants and young children, pregnant women, older adults, and people with weakened immune systems caused by cancer treatment, diabetes, AIDS, and bone marrow and organ transplants are at greatest risk for foodborne illness.



## **Keep Your Food Safe**

Food and Drug Administration, U.S. Department of Health and Human Services

**Web site:** <http://www.fda.gov/opacom/lowlit/foodsfe.pdf>

**Description:** This three-page handout provides information on safely buying, storing and using food. Also available in Spanish (<http://www.fda.gov/opacom/lowlit/sfoodsfe.pdf>)

## **Wash Your Hands!**

University of Nebraska-Lincoln Extension

**Web site:** <http://lancaster.unl.edu/food/HndWshC.pdf>

**Description:** This mini poster communicates proper hand washing procedures in English and Spanish, with accompanying graphics for each step.

## **II. Resources for Staff and Volunteers**

### **A. General Guidance**

#### **CACFP for Children & Youth in Homeless, Runaway and Domestic Violence Shelters: Outreach Toolkit**

Food Research and Action Center

**Web site:**

[http://www.frac.org/html/federal\\_food\\_programs/programs/homeless/homeless\\_index.html](http://www.frac.org/html/federal_food_programs/programs/homeless/homeless_index.html)

**Description:** This site provides tools for state agencies, homeless, runaway, and domestic violence advocates, and anti-hunger groups to maximize the use of the homeless shelter option in the Child and Adult Care Food Program. Provides program information, outreach and training materials, research and background information and links to other important information and organizations.

#### **COMFOOD Listserv**

Community Food Security Coalition.

**Web site:** <http://www.foodsecurity.org/list.html>

**Description:** COMFOOD is an email list created to link individuals and organizations involved with or interested in community food security. Learn more about how to join the discussion with over 1,500 other subscribers.

#### **Cultural and Ethnic Food and Nutrition Education Materials: A Resource List for Educators**

Food and Nutrition Information Center, National Agricultural Library

**Web site:** <http://www.nal.usda.gov/fnic/pubs/bibs/gen/ethnic.pdf>

**Description:** This publication is a compilation of educational and background resources for those working with various ethnic/cultural groups. Background materials provide information about customs and cultural influences of groups and information on developing multicultural skills.



## **Federal Resources for Feeding Homeless Children and Youth**

Food Research and Action Center

### **Web site:**

[http://www.frac.org/html/federal\\_food\\_programs/programs/homeless/Federal\\_Resources\\_Homeless\\_Youth.html](http://www.frac.org/html/federal_food_programs/programs/homeless/Federal_Resources_Homeless_Youth.html)

**Description:** The Child Nutrition and WIC Reauthorization Act of 2004 (P.L. 108-265) expands federal child nutrition programs in several ways to assist homeless and runaway children and youth by providing automatic eligibility for free school meals to homeless and runaway children, streamlined procedures to document free school eligibility, full school year eligibility for free school meals, and Federal nutrition funds for shelters serving children and youth.

## **Food for ME Series**

University of Maine Cooperative Extension.

### **Web site:**

[http://extensionpubs.umext.maine.edu/ePOS/form=robots/item.html&item\\_number=4315](http://extensionpubs.umext.maine.edu/ePOS/form=robots/item.html&item_number=4315)

**Description:** Food for ME is a citizen action series for community food recovery. Titles include: A Donor's Guide to Vegetable Harvest and Storage; Donating Good, Safe Food to Food Pantries; Food for your Community: Gleaning and Sharing; How to Organize a Community Food Drive; Organizing Your Community Garden; Plan Before You Donate Produce; and Food Pantry Wish List. Publications can be viewed in PDF format for free online or ordered in hard copy.

### **Ordering Information:**

UMaine Extension Publications Distribution Center

5741 Libby Hall, Room 114

Orono, ME 04469-5741

Phone: 207-581-3792

Fax: 207-581-1387

## **Homeless Assistance & HMIS.Info Listserv Sign-Up**

U.S. Department of Housing and Urban Development

**Web site:** <http://www.hud.gov/offices/cpd/homeless/library/listserv.cfm>

**Description:** The Homeless Assistance Program Listserv provides HUD's Office of Special Needs (Homeless) Assistance Programs with an efficient communication vehicle for notifying CoC leaders, applicants and project sponsors, ESG grantees, field office staff, and other interested parties about policy changes and clarifications, upcoming events, program management tools, and other items of general interest regarding HUD's Homeless Assistance Programs.

## **Homeless Family Facility Nutrition Guidelines**

Children's Health Fund

**Web site:** <http://www.childrenshealthfund.org/publications/pubs/nutritionguidelines.pdf>

**Description:** These guidelines can be used as a tool to assess nutrition policies and practices in a homeless facility and identify strengths as well as areas that may be improved.



## **Hunger 101**

Second Harvest Food Bank of Greater New Orleans and Acadiana.

**Web site:** [http://www.no-hunger.org/you\\_can\\_help/hunger\\_101/hunger101.html](http://www.no-hunger.org/you_can_help/hunger_101/hunger101.html)

**Description:** Hunger 101 is a tool you can use to learn about hunger in southern Louisiana. In just a few minutes, you can get a taste of what it is like to struggle with poverty and hunger. Hunger 101 is a hands-on learning experience designed for groups of fifteen to forty people.

## **The National Nutrition Safety Net: Tools for Community Food Security**

Food and Nutrition Service, U.S. Department of Agriculture

**Web site:** <http://www.fns.usda.gov/fsec/FILES/SafetyNet2003.pdf>

**Description:** Helps program providers, public officials, anti-hunger advocates, coalitions, and individual volunteers overcome barriers to making the nutrition assistance programs available to all of those eligible in their local communities. This revised edition highlights the important role of faith-based and community organizations in the delivery of food and nutrition assistance programs.

## **B. Research**

### **Briefing Room: Food Security in the United States**

Economic Research Service, U.S. Department of Agriculture

**Web site:** <http://www.ers.usda.gov/briefing/foodsecurity/>

**Description:** Provides information on measuring food security, current conditions and trends and community food security.

### **Community Food Security Assessment Toolkit**

Economic Research Service, U.S. Department of Agriculture

**Web site:** <http://www.ers.usda.gov/publications/efan02013/>

**Description:** Provides a toolkit of standardized measurement tools for assessing various aspects of community food security. (2002)

### **Dietary Assessment of Major Trends in U.S. Food Consumption, 1970-2005**

Economic Research Service, U.S. Department of Agriculture

**Web site:** <http://www.ers.usda.gov/Publications/EIB33/>

**Description:** This report examines major trends in the amount of food available for consumption in the United States between 1970 and 2005. The report also estimates whether Americans are meeting Federal dietary recommendations for each of the major food groups. Findings show that for Americans to meet these recommendations, they would need to substantially lower their intake of added fats, refined grains, and added sugars and sweeteners and increase their consumption of fruits, vegetables, whole grains, and low-fat milk and milk products.



### **Fact Sheets about Homelessness**

National Coalition for the Homeless

**Web site:** <http://www.nationalhomeless.org/publications/facts.html>

**Description:** The National Coalition for the Homeless publishes fact sheets on various aspects of homelessness. Each sheet summarizes facts and issues and contains a list of recommended reading for further research.

### **Food Assistance and Nutrition Programs: FANRP Research Findings**

Economic Research Service, U.S. Department of Agriculture

**Web site:** <http://www.ers.usda.gov/Briefing/FoodNutritionAssistance/ResearchFindings/>

**Description:** The Food Assistance and Nutrition Research Program (FANRP) supports a broad spectrum of food and nutrition assistance research. ERS has compiled an electronic database of the hundreds of peer-reviewed reports and articles based on FANRP-supported research published at ERS and elsewhere.

### **Food Security in the United States: Recommended Readings**

Economic Research Service, U.S. Department of Agriculture

**Web site:** <http://www.ers.usda.gov/briefing/FoodSecurity/readings.htm>

**Description:** Articles and reports, technical information, survey tools, and research reports related to household food security and community food security.

### **Food Stamps and Obesity: What Do We Know?**

Economic Research Service, U.S. Department of Agriculture

**Web site:** <http://www.ers.usda.gov/Publications/EIB34/>

**Description:** Results from reviewed studies indicate that for most participants in the Food Stamp Program use of food stamp benefits does not result in an increase in either BMI or the likelihood of being overweight or obese. However, for nonelderly women, who account for 28 percent of the food stamp caseload, some evidence suggests that participation in the Food Stamp Program may increase BMI and the probability of obesity.

### **Food Surveys Research Group**

Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture

**Web site:** [http://www.ars.usda.gov/main/site\\_main.htm?modecode=12-35-50-00](http://www.ars.usda.gov/main/site_main.htm?modecode=12-35-50-00)

**Description:** Provides dietary survey data about food consumption patterns in the United States. Articles regarding USDA dietary intake research methods are also available.

### **Guide to Measuring Household Food Security**

Food and Nutrition Service, U.S. Department of Agriculture

**Web site:** <http://www.fns.usda.gov/fsec/FILES/FSGuide.pdf>

**Description:** Gives those concerned about food insecurity and hunger the tools to assess the extent of these problems in their communities.



## **Hunger in America 2006**

America's Second Harvest

**Web site:** <http://www.hungerinamerica.org/>

**Description:** A comprehensive profile of the incidence and nature of hunger and food insecurity in the U.S. The study provides extensive demographic profiles of emergency food clients at charitable feeding agencies and comprehensive information on the nature and efficacy of local agencies in meeting the food security needs of clients.

## **Hunger and Homelessness Survey: A Status Report on Hunger and Homelessness in America's Cities; A 25-City Survey**

Food Research and Action Coalition

**Web site:**

[http://www.usmayors.org/pressreleases/documents/hungerhomelessnessreport\\_121208.pdf](http://www.usmayors.org/pressreleases/documents/hungerhomelessnessreport_121208.pdf)

**Description:** During the last year, requests for emergency food assistance in survey cities increased an average of 18 percent, with 95 percent of survey cities reporting an increase, according to the U.S. Conference of Mayors (USCM). The U.S. Conference of Mayors Survey on Hunger and Homelessness reported data for 25 cities from October 1, 2007 to September 30, 2008.

## **Kaiser Fast Facts**

The Henry J. Kaiser Family Foundation

**Web site:** <http://facts.kff.org/>

**Description:** Features "QuickTakes" and "Kaiser Slides," two tools that provide direct access to facts, data and slides about the nation's health care system and programs, in an easy-to-use format. Fast Facts also provides direct access to Kaiser's comprehensive collection of fact sheets — two-page overviews of complex health policy issues — and other online data and analysis tools that the Foundation has created, such as the interactive Medicare Health Plan Tracker, State Medicaid Fact Sheets and the Medicaid Benefits Database, as well as the statehealthfacts.org and globalhealthfacts.org Web sites.

## **New Approaches for Measuring Household Food Insecurity and Poverty: the Household Food Insecurity Access Scale**

Food and Nutrition Technical Assistance Project (FANTA)

**Web site:** <http://www.fantaproject.org/publications/hfias.shtml>

**Description:** A Household Food Insecurity Access Scale measure and guide, with a standardized questionnaire and data collection and analysis instructions. Can be used to assess the prevalence of household food insecurity and to detect changes in the food insecurity situation of a population over time.



## **Who Has Time To Cook? How Family Resources Influence Food Preparation**

Economic Research Service, U.S. Department of Agriculture (May 2007)

**Web site:** <http://www.ers.usda.gov/Publications/ERR40/>

**Description:** This study finds that household time resources significantly affect how much time is allocated to preparing food. The results are relevant for the design of food assistance programs as well as for improving our understanding of how different family time resources affect consumption behavior.

## **C. Community Involvement**

### **Body & Soul: A Celebration of Healthy Eating & Living**

National Cancer Institute, American Cancer Society, Centers for Disease Control and Prevention

**Web site:** <http://bodyandsoul.nih.gov/index.shtml>

**Description:** Body & Soul is an evidence-based health and wellness program developed for African American churches. The program encourages church members to eat a healthy diet rich in fruits and vegetables every day for better health. Four unique components make up the program: pastoral leadership, educational activities, a church environment that supports healthy eating and peer counseling. All of the Body & Soul program materials are available to download and order from the program Web site, and can be tailored for specific use. Other nutrition assistance programs could use these materials with similar audiences.

#### **Ordering Information:**

Cancer Information Service

Phone: 1-800-4-CANCER (1-800-422-6237)

Online ordering: <http://www.cancer.gov/publications>

### **FRAC's Guide to Food Stamp Outreach Collaborations**

Food Research and Action Center

**Web site:** <http://www.frac.org/pdf/fspguide06/fspguide06.pdf>

**Description:** This resource guide describes a variety of strategies and collaborative projects for conducting outreach to increase participation by those eligible for the Federal Food Stamp Program.

### **Holding a Successful Food Drive**

Share Our Strength

**Web site:** [http://www.strength.org/get\\_involved/food\\_drive/](http://www.strength.org/get_involved/food_drive/)

**Description:** When times are hard, food banks are often the ones to feel the biggest hit. Not only are their services needed more than ever by the community they serve, but donations also dwindle down to a trickle as donors give less than they otherwise would.

But you can help. By organizing a food drive for your local food bank, you can help to ensure that your community will have enough food to go around for everyone.



### **The National Nutrition Safety Net: Tools for Community Food Security**

Food and Nutrition Service, U.S. Department of Agriculture

**Web site:** <http://www.fns.usda.gov/fsec/FILES/SafetyNet2003.pdf>

**Description:** Helps program providers, public officials, anti-hunger advocates, coalitions, and individual volunteers overcome barriers to making the nutrition assistance programs available to all of those eligible in their local communities. This revised edition highlights the important role of faith-based and community organizations in the delivery of food and nutrition assistance programs.

### **Together We Can!**

Food and Nutrition Service, U.S. Department of Agriculture

**Web site:** <http://www.fns.usda.gov/fsec/FILES/wecan.pdf>

**Description:** A handbook that offers step-by-step plans for combating hunger. Outlines ideas for what volunteers can do, provides action plans for hunger-fighting activities, and identifies resources available to fight hunger in communities everywhere throughout America.

## **D. Seeking Additional Funding / Grant Writing**

### **The Center for Faith-Based & Community Initiatives**

U.S. Department of Health & Human Services.

**Web site:** <http://www.os.dhhs.gov/fbci/>

**Description:** The site contains grant and funding information, links to assistance in applying for federal funds, statistics, fact sheets and more. The Center for Faith-Based and Community Initiatives (CFBCI) welcomes the participation of faith-based and community organizations as essential partners in assisting our country's neediest citizens. CFBCI empowers faith-based and community organizations to compete more effectively for Federal funds so that they may provide better human services to more people.

### **Community Food Projects Competitive Grants Program**

Cooperative State Research, Education, and Extension Service, U.S. Department of Agriculture.

**Web site:** [http://www.csrees.usda.gov/nea/food/in\\_focus/hunger\\_if\\_competitive.html](http://www.csrees.usda.gov/nea/food/in_focus/hunger_if_competitive.html)

**Description:** Fights food insecurity through developing community food projects that help promote the self-sufficiency of low-income communities. Grants are intended to help eligible private nonprofit entities that need a one-time infusion of federal assistance to establish and carry out multipurpose community food projects.



### **Emergency Shelter Grants (ESG) Program**

U.S. Department of Housing and Urban Development

**Web site:** <http://www.hud.gov/offices/cpd/homeless/programs/esg/>

**Description:** The Emergency Shelter Grants program provides homeless persons with basic shelter and essential supportive services. It can assist with the operational costs of the shelter facility, and for the administration of the grant. ESG also provides short-term homeless prevention assistance to persons at imminent risk of losing their own housing due to eviction, foreclosure, or utility shutoffs.

### **Food Assistance and Nutrition Research Program**

Economic Research Service, U.S. Department of Agriculture

**Web site:** <http://www.ers.usda.gov/Briefing/FoodNutritionAssistance/fanrp/>

**Description:** FANRP research analyzes diet and nutritional outcomes and well-being of needy Americans, food program targeting and delivery, and program dynamics and administration. It funds a portfolio of extramural research, including grants, cooperative agreements, and contracts that are competitively awarded.

### **Grants.gov**

**Web site:** <http://grants.gov>

**Description:** Allows organizations to electronically find and apply for competitive grant opportunities from all Federal grant-making agencies.

### **Resources to Write Grants**

WIC Works Resource System, Food and Nutrition Information Center, National Agricultural Library, U.S. Department of Agriculture

**Web site:** <http://www.nal.usda.gov/wicworks/Topics/Grants.html#write>

**Description:** These resources from the WIC Works Outreach Mailing provide quick tips for writing grants, advice on determining whether or not a grant is right for your agency, and guidance for getting started.

## **E. Food Safety**

### **5 Myths of Handwashing**

Iowa State University Extension

**Web site:** <http://www.extension.iastate.edu/Publications/N3503A.pdf>

**Description:** Dispels five of the most common myths about handwashing with this one-page mini poster.

### **Cooking for Crowds**

Penn State University College of Agricultural Sciences

**Web site:** <http://www.cookingforcrowds.psu.edu>

**Description:** The Cooking for Crowds curriculum offers practical food safety strategies for nonprofit organizations. This Web site offers all the tools necessary to carry out a Cooking for Crowds workshop.



## **Cooking for Groups: A Volunteer's Guide to Food Safety**

U.S. Department of Agriculture, Food Safety and Inspection Service

**Web site:** [http://www.fsis.usda.gov/Fact\\_Sheets/Cooking\\_for\\_Groups\\_index/index.asp](http://www.fsis.usda.gov/Fact_Sheets/Cooking_for_Groups_index/index.asp)

**Description:** Provides guidance for volunteers to prepare and serve food safely for large groups such as family reunions, church dinners, or community gatherings, whether prepared at the volunteer's home and brought to the event, or prepared and served at the gathering. Includes information on planning, shopping, storing, preparing, transporting, reheating and serving food. Available in English and Spanish.

### **Ordering Information:**

Fax: 301-504-0204

Email: [fsis.outreach@usda.gov](mailto:fsis.outreach@usda.gov)

Online ordering:

[http://www.fsis.usda.gov/Fact\\_Sheets/Order\\_Cooking\\_for\\_Groups/index.asp](http://www.fsis.usda.gov/Fact_Sheets/Order_Cooking_for_Groups/index.asp)

## **Donated Food Checklist**

Indiana's Food for the Hungry

**Web site:** <http://www.cfs.purdue.edu/safefood/foodsafety/donatedchecklist.html>

**Description:** Both safety (whether a food is free of disease-causing bacteria and their toxins) and quality (whether a food looks and smells acceptable to eat) should be kept in mind when examining donated food. This checklist provides guidance on when to reject a donated food.

## **Food, Fundraising and You: Food Safety Tips and Information for a Safe and Successful Event**

Pennsylvania Department of Agriculture

**Web site:** <http://www.agriculture.state.pa.us/foodsafety/lib/foodsafety/nonprofit.pdf>

**Description:** This 26-page color illustrated book provides the volunteer with information about food safety and preventing foodborne illness. It gives information about handwashing, preventing cross-contamination, and personal hygiene.

## **Food Safety for Community Cooks**

Iowa State University Extension

**Description:** This information packet is for those who want to prepare large quantities of food for the public. Includes posters, handouts, and reference materials.

### **Ordering Information:**

ISU Extension Distribution Center

119 Printing and Publications Bldg

Ames, IA 50011

Phone: 515-294-5247 Fax: 515-294-2945

Email: [pubdist@iastate.edu](mailto:pubdist@iastate.edu)

Online ordering:

<https://www.extension.iastate.edu/store/ItemDetail.aspx?ProductID=5148&SeriesCode=&CategoryID=44&Keyword=>



### **Food Safety for the Volunteer Worker**

New York State Department of Health

**Web site:**

[http://www.health.state.ny.us/environmental/indoors/food\\_safety/docs/food\\_safety.pdf](http://www.health.state.ny.us/environmental/indoors/food_safety/docs/food_safety.pdf)

**Description:** This simple brochure outlines the basics of food safety and personal hygiene necessary to ensure safe preparation and serving of food by volunteer workers.

### **Food Safety Guidelines for Onsite Feeding Locations, Food Shelves and Food Banks**

Minnesota Department of Health

**Web site:** <http://www.health.state.mn.us/divs/eh/food/fs/foodbanksafety.pdf>

**Description:** These guidelines have been developed to provide a method of redirecting surplus supplies of food, in a safe manner, to those in need following consistent and uniform interpretation of health codes. While developed using Minnesota guidelines, the information can be adapted for other state regulations.

### **Food Safety Guidelines for Soup Kitchens**

British Columbia Ministry of Health

**Web site:**

<http://www.wildwoodsoupkitchen.com/files/Pages/Volunteers/SoupKitchenGuide.pdf>

**Description:** The materials contained in this guideline are designed to be used as a resource for training staff and volunteers. Soup kitchens are unique in that they have very different needs from those of restaurant/retail premises. Soup kitchens rely mainly on donations which raises a variety of issues.

### **Guidelines for Evaluating Containers**

Indiana's Food for the Hungry

**Web site:** <http://www.cfs.purdue.edu/safefood/foodSafety.asp>

**Description:** Mini posters are available featuring guidance on evaluating canned, boxed, dry, glass, and bagged food containers.

### **Keep Food and Water Safe After a Disaster**

Centers for Disease Control and Prevention, Department of Health and Human Services

**Web site:** <http://emergency.cdc.gov/disasters/foodwater/>

**Description:** Information about why food may not be safe to eat during and after an emergency. Safe water for drinking, cooking, and personal hygiene includes bottled, boiled, or treated water.

### **Occasional Cooking for a Crowd**

University of Kentucky Cooperative Extension

**Web site:** <http://www.ca.uky.edu/HES/fcs/factshts/FN-SSB.101.pdf>

**Description:** Many organizations rely on volunteers to raise funds, and these activities often involve handling food. If you've volunteered to prepare, serve, or handle food at an event, it's important to learn how to protect yourself and the crowd you are about to feed.



### **Safe Food Handling for Occasional Quantity Cooks**

Ohio State University Extension

**Description:** This teaching curriculum is designed to benefit the volunteers who help in one-time or short-term quantity food production situations. The CD includes lesson plans, handouts, mini-posters, and PowerPoint presentations.

#### **Ordering Information:**

Ohio State University Extension

Media Distribution

1114 Chambers Road

Columbus, Ohio 43212

Phone: 614-292-1607 Fax: 1-800-292-4919

Email: [pubs@ag.osu.edu](mailto:pubs@ag.osu.edu)

Online ordering: <http://estore.osu-extension.org/productdetails.cfm?sku=922>

### **Use a Food Thermometer**

Food Safety and Inspection Service, U.S. Department of Agriculture

**Web site:** [http://www.fsis.usda.gov/PDF/Use\\_a\\_Food\\_Thermometer.pdf](http://www.fsis.usda.gov/PDF/Use_a_Food_Thermometer.pdf)

**Description:** Brochure from the Thermy™ national consumer education campaign discusses why to use a thermometer and provides a table of safe internal temperatures for cooked food. Also available in Spanish (<http://www.fsis.usda.gov/OA/thermy/BrochureSP.pdf>).

### **Volunteer Food Service Worker Training Guide**

University of Rhode Island Cooperative Extension

**Web site:** <http://www.uri.edu/ce/ceec/food/volunteer.html>

**Description:** Provides organizations with the tools necessary to train volunteers to serve safe food. Includes an event planning guide and short Toolbox Lessons on food safety.

## **G. Contacts for Assistance**

### **Action Against Hunger**

E-mail: [info@actionagainsthunger.org](mailto:info@actionagainsthunger.org)

**Web site:** <http://www.actionagainsthunger.org/>

**Description:** An international network committed to saving the lives of malnourished children and families while ensuring access to safe water and sustainable solutions to hunger.



**Bread for the World**

50 F Street, NW, Suite 500

Washington, DC 20001

Phone: 800-82-BREAD or 202-639-9400 Fax: 202-639-9401

E-mail: [bread@bread.org](mailto:bread@bread.org) or [institute@bread.org](mailto:institute@bread.org)

**Web site:** <http://www.bread.org/>

**Description:** Bread for the World is a collective Christian voice urging our nation's decision makers to end hunger at home and abroad. By changing policies, programs and conditions that allow hunger and poverty to persist, we provide help and opportunity far beyond the communities in which we live.

**Chef and Child Foundation**

American Culinary Federation, Inc.

180 Center Place Way

St. Augustine, FL 32095

Phone: 800-624-9458 Fax: 904-825-4758

Email: [chefandchild@acfcchefs.net](mailto:chefandchild@acfcchefs.net)

**Web site:** <http://www.acfcchefs.org/Content/NavigationMenu2/Partnerships/CCF/default.htm>

**Description:** The mission of this group is to educate children and families in understanding proper nutrition through community-based initiatives led by American Culinary Federation chef members, and to be the voice of the culinary industry in its fight against childhood hunger, malnutrition and obesity.

**Coalition for the Homeless**

129 Fulton Street

New York, NY 10038

Phone: 212-776-2000 Fax: 212-964-1303

Email: [info@cfthomeless.org](mailto:info@cfthomeless.org)

**Web site:** <http://www.coalitionforthehomeless.org/home.asp>

**Description:** Coalition for the Homeless is the nation's oldest advocacy and direct service organization helping homeless men, women, and children. We are dedicated to the principle that decent shelter, sufficient food, affordable housing, and the chance to work for a living wage are fundamental rights in a civilized society.

**Congressional Hunger Center**

**Web site:** <http://www.hungercenter.org>

**Description:** A unique non-profit anti-hunger leadership training organization located in Washington, DC. Partners include government officials who focus on hunger and poverty, and hundreds of hunger fighting organizations throughout the US and overseas.



**Feeding America (formerly America's Second Harvest)**

35 East Wacker Drive, Suite 2000

Chicago, IL 60601

Phone: 800-771-2303 Fax: 312-263.2656

**Web site:** <http://feedingamerica.org/>

**Description:** This charitable hunger relief organization supports approximately 63,000 local charitable agencies operating more than 70,000 programs including food pantries, soup kitchens, emergency shelters, after-school programs, Kids Cafes, Community Kitchens and Backpack Programs.

**Food Research and Action Center (FRAC)**

1875 Connecticut Avenue, NW Suite 540

Washington, DC 20009

Phone: 202-986-2200 Fax: 202-986-2525

**Web site:** <http://www.frac.org>

**Description:** The leading national nonprofit organization working to improve public policies and public-private partnerships to eradicate hunger and undernutrition in the United States. FRAC works with hundreds of national, state and local nonprofit organizations, public agencies, and corporations to address hunger and its root cause, poverty.

**International Food Policy Research Institute**

**Web site:** <http://www.ifpri.org>

**Description:** Identifies and analyzes policies for sustainably meeting the food needs of the developing world. Web site includes hundreds of food policy research reports IFPRI produces.

**Share Our Strength**

1730 M Street NW

Suite 700

Washington, DC 20036

Phone: 800-969-4767 or 202-393-2925 Fax: 202-347-5868

E-mail: [info@strength.org](mailto:info@strength.org)

**Web site:** <http://www.strength.org/>

**Description:** Share Our Strength is a national organization working to make sure no kid in America grows up hungry. We weave together a net of community groups, activists and food programs to catch children at risk of hunger, and surround them with nutritious food where they live, learn and play.



## **World Hunger Year (WHY)**

505 Eighth Avenue, Suite 2100

New York, N.Y. 10018-6582

Phone: 800-5-HUNGRY or 212-629-8850 Fax: 212-465-9274

**Web site:** <http://www.worldhungeryear.org>

**Description:** Attacks root causes of hunger and poverty by promoting effective and innovative community-based solutions that create self-reliance, economic justice and food security.

---

### **This resource list was compiled by:**

Corey Scarpero, RD, Nutrition Information Specialist

Rachel Tobin, MS, RD, Nutrition Information Specialist

### **Acknowledgment is given to the following FNIC reviewers:**

Shirley King Evans, MEd, RD, Acting Nutrition and Food Safety Program Leader

Gina Hundley, RD, Nutrition Information Specialist

Desiré Stapley, MEd, RD, Nutrition Information Specialist

This publication was developed in part through a Cooperative Agreement with the Department of Nutrition and Food Science in the College of Agriculture and Natural Resources at the University of Maryland.

Locate additional FNIC publications at <http://fnic.nal.usda.gov/resourcelists>.

---

Food and Nutrition Information Center  
Agricultural Research Service, USDA  
National Agricultural Library, Room 105  
10301 Baltimore Avenue  
Beltsville, MD 20705-2351  
Phone: 301-504-5414  
Fax: 301-504-6409  
TTY: 301-504-6856

Contact: <http://fnic.nal.usda.gov/contact>

Web site: <http://fnic.nal.usda.gov>



The National Agricultural Library (NAL) provides lending and photocopying services to U.S. Department of Agriculture (USDA) employees. Non-USDA users can obtain materials from NAL through the interlibrary lending services of their local, corporate, or university library. For further information on NAL's document delivery services visit their Web site at <http://www.nal.usda.gov/services/request.shtml>.

For questions on document delivery services please call 301-504-5717 or submit a question at <http://www.nal.usda.gov/services/ask.php>.

The use of trade, firm, or corporation names in this publication (or page) is for the information and convenience of the reader. Such use does not constitute an official endorsement or approval by the USDA or the Agricultural Research Service (ARS) of any product or service to the exclusion of others that may be suitable.

USDA prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or a part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.)

Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at 202-720-2600 (voice and TDD).

To file a complaint of discrimination write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call 800-795-3272 (voice) or 202-401-0216 (TDD). USDA is an equal opportunity provider and employer.

