



FOOD JOURNAL

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NEW DIETARY GUIDELINES WILL HELP AMERICANS MAKE BETTER FOOD CHOICES

U.S. Department of Health and Human Services (HHS) Secretary Tommy G. Thompson and the U.S. Department of Agriculture (USDA) Secretary Ann M. Veneman recently announced the release of the Dietary Guidelines for Americans 2005, the federal government's science-based advice to promote health and reduce risk of chronic diseases through nutrition and physical activity. The sixth edition of Dietary Guidelines for Americans places stronger emphasis on reducing calorie consumption and increasing physical activity.

This joint project of HHS and USDA is the latest of the five-year reviews required by federal law. It is the basis of federal food programs and nutrition education programs and supports the nutrition and physical fitness pillars of President Bush's HealthierUS Initiative.

"These new Dietary Guidelines represent our best science-based advice to help Americans live healthier and longer lives," Secretary Thompson said. "The report gives action steps to reach achievable goals in weight control, stronger muscles and bones, and balanced nutrition to help prevent chronic diseases such as heart disease, diabetes and some cancers. Promoting good dietary habits is key to reducing the growing problems of obesity and physical in-

activity, and to gaining the health benefits that come from a nutritionally balanced diet."

"The new Dietary Guidelines highlight the principle that Americans should keep their weight within healthful limits and engage in ample physical activity," said Secretary Veneman. "The process we used to develop these recommendations was more rigorous and more transparent than ever before. Taken together, the recommendations will help consumers make smart choices from every food group, get the most nutrition out of the calories consumed and find a balance between eating and physical activity."

Eating a healthy balance of nutritious foods continues as a central point in the Dietary Guidelines, but balancing nutrients is not enough for health. Total calories also count, especially as more Americans are gaining weight. Because almost two-thirds of Americans are overweight or obese, and more than half get too little physical activity, the 2005 Dietary Guidelines place a stronger emphasis on calorie control and physical activity.

The Dietary Guidelines, based on the latest scientific information including medical knowledge, provide authoritative advice for people two years and older about how proper dietary habits can promote health and reduce risk for major chronic diseases. The 2005 Dietary Guidelines were prepared in three stages. In the first, a 13-member Dietary Guidelines Advi-

sory Committee prepared a report based on the best available science.

In the second stage, government scientists and officials developed the Dietary Guidelines after reviewing the advisory committee's report and agency and public comments. In the third stage, experts worked to translate the Dietary Guidelines into meaningful messages for the public and educators.

The report identifies 41 key recommendations, of which 23 are for the general public and 18 for special populations. They are grouped into nine general topics:

- Adequate Nutrients Within Calorie Needs
- Weight Management
- Physical Activity
- Food Groups to Encourage
- Fats
- Carbohydrates
- Sodium and Potassium
- Alcoholic Beverages
- Food Safety

The Dietary Guidelines provide health education experts, such as doctors and nutritionists, with a compilation of the latest science-based recommendations. Consumer-friendly materials such as brochures and web sites will assist the general public in understanding the scientific language of the 2005 Dietary Guidelines and the key points that they can apply in their lives. To highlight those points, a consumer-oriented brochure accompanies the 2005 Dietary Guidelines. USDA's Food Guidance System also will serve as a tool to educate consumers on the Dietary Guidelines for Americans. The Food Guidance System, currently called the Food Guide Pyramid, is undergoing revision and will be released in the spring of 2005.

KEY RECOMMENDATIONS FOR THE GENERAL POPULATION

Adequate Nutrients within Calorie Needs

Consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and trans fats, cholesterol, added sugars, salt, and alcohol.

Meet recommended intakes within energy needs by adopting a balanced eating pattern.

Weight Management

To maintain body weight in a healthy range, balance calories from foods and beverages with calories expended.

To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity.

Physical Activity

Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight.

To reduce the risk of chronic disease in adulthood: Engage in at least 30 minutes of moderate-intensity physical activity on most days of the week. Greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or longer duration.

To help manage body weight and prevent gradual, unhealthy body weight gain in adulthood: Engage in approximately 60 minutes of moderate- to vigorous-intensity activity on most days of the week while not exceeding caloric intake requirements.

To sustain weight loss in adulthood: Participate in at least 60 to 90 minutes of daily moderate-intensity physical activity while not exceeding caloric intake requirements. Some people may need to consult with a healthcare provider before participating in this level of activity.

Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises or calis-

thenics for muscle strength and endurance.

Food Groups to Encourage

Consume fruits and vegetables -- two cups of fruit and 2½ cups of vegetables per day are recommended for a reference 2,000-calorie intake.

Choose a variety of fruits and vegetables each day. Select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.

Consume three or more one ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. At least half the grains should come from whole grains.

Consume three cups per day of fat-free or low-fat milk or equivalent milk products.

Fats

Consume less than ten percent of calories from saturated fatty acids and less than 300 mg/day of cholesterol, and keep trans fatty acid consumption as low as possible.

Keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils.

When selecting and preparing meat, poultry, dry beans, and milk or milk products, make choices that are lean, low-fat, or fat-free.

Limit intake of fats and oils high in saturated and/or trans fatty acids, and choose products low in such fats and oils.

Carbohydrates

Choose fiber-rich fruits, vegetables, and whole grains often.

Choose and prepare foods and beverages with little added sugars or caloric sweeteners.

Reduce the incidence of dental cavities by practicing good oral hygiene and consuming sugar- and starch-containing foods and beverages less frequently.

Sodium and Potassium

Consume less than 2,300 mg (approximately one teaspoon of salt) of sodium per day. At the same time, consume potassium-rich foods, such as fruits and vegetables.

Alcoholic Beverages

If alcoholic beverages are consumed, they should be consumed in moderation (defined as the consumption of up to one drink per day for women and up to two drinks per day for men.)

Alcoholic beverages should not be consumed by those who cannot restrict their alcohol intake, women of childbearing age who may become pregnant, pregnant and lactating women, children and adolescents, individuals taking medications that can interact with alcohol, and those with specific medical conditions.

Alcoholic beverages should be avoided by individuals engaging in activities that require attention, skill, or coordination.

Food Safety

To avoid microbial foodborne illness:

- Clean hands, food contact surfaces, and fruits and vegetables.
- Meat and poultry should not be washed or rinsed.
- Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing foods.
- Cook foods to a safe temperature to kill microorganisms.
- Chill (refrigerate) perishable food promptly and defrost foods properly.
- Avoid raw (unpasteurized) milk or any products made from unpasteurized milk, raw or partially cooked eggs or foods containing raw eggs, raw or undercooked meat and poultry, unpasteurized juices, and raw sprouts.

The Dietary Guidelines contains additional recommendations for specific populations.

The 2005 Dietary Guidelines and consumer brochure are available at www.healthierus.gov/dietaryguidelines.

STUDY SAYS NATION WASTES NEARLY HALF ITS FOOD

A new study from the University of Arizona (UA) in Tucson indicates that 40 to 50 percent of all food ready for harvest never gets eaten. Timothy W. Jones, an anthropologist at the UA Bureau of Applied Research in Anthropology, has spent the last ten years measuring food loss, including the last eight under a grant from the U.S. Department of Agriculture.

Jones started in the farms and orchards, went on through the warehouses, retail outlets and dining rooms, and to landfills. What he found was that not only is edible food discarded that could feed people who need it, but the rate of loss, even partially corrected, could save U.S. consumers and corporations tens of billions of dollars each year. Jones says these losses also can be framed in terms of environmental degradation and national security.

Jones' research evolved from and builds on earlier work done at the University of Arizona. Archaeologists there began measuring garbage in the 1970s to see what was being thrown away and discovered that people were not fully aware of what they were using and discarding. Those earlier studies evolved into more sophisticated research using contemporary archaeology and ethnography to understand not only the path food travels from farms and orchards to landfills, but also the culture and psychology behind the process.

A certain amount of waste in the food stream simply can't be helped. Little can be done, for instance, about weather and crop deterioration. The apple industry, for instance, loses on average about 12 percent of its crop on the way to market. Apples in the U.S. are harvested over a two-month period and then stored and sold year-round. People in the apple business use aggressive methods to maintain their crop, with fresh apples hitting the supermarkets on a regular basis and marginal ones sent to be made into applesauce and other products.

The goal of apple growers is to provide a nutritious product, all year long, at fairly constant prices. Jones says they've adopted a conservative business plan that forgoes the boom-and-bust cycles that other fruit and vegetable growers aim for and opts instead for a steady income stream.

Jones' research also shows that by measuring how much food is actually being brought into households, a clearer picture of that end of the food stream is beginning to emerge. On average, households waste 14 percent of their food purchases. Fifteen percent of that includes products still within their expiration date but never opened. Jones estimates an average family of four currently tosses out \$590 per year, just in meat, fruits, vegetables and grain products.

Jones says there are three simple ways most people can significantly reduce their own food waste. One is careful purchase planning: devise menus and make up grocery lists accordingly. Another is knowing what lurks in the refrigerator and pantry that needs to be used while it is still useable. The third is to develop an understanding that many kinds of food can be refrigerated or frozen and eaten later.

Nationwide, he says, household food waste alone adds up to \$43 billion, making it a serious economic problem. (In addition to farms and households, Jones also is currently researching retail food waste, again a sector where annual losses run in the tens of billions of dollars.)

Cutting food waste would also go a long way toward reducing serious environmental problems. Jones estimates that reducing food waste by half could reduce adverse environmental impacts by 25 percent through reduced landfill use, soil depletion and applications of fertilizers, pesticides and herbicides.

*For a copy of the article, go to
[www.eurekalert.org/pub_releases/2004-11/
uoa-ssn112204.php](http://www.eurekalert.org/pub_releases/2004-11/uoa-ssn112204.php).*

USDA AWARDS FOOD STAMP OUTREACH GRANTS TO FAITH AND COMMUNITY-BASED ORGANIZATIONS

The U.S. Department of Agriculture (USDA) recently awarded an additional \$1 million in food stamp outreach grants to eight faith and community-based organizations. These organizations will use the awards to improve awareness and access to the Food Stamp Program. Outreach grants are designed to test innovative food stamp outreach strategies to underserved, eligible, low-income individuals and families. Grantees will use this funding to establish partnerships with employers, food retailers and other USDA Food and Nutrition Service programs, as well as provide outreach services at alternate work or community sites to reach those who are eligible. The maximum award for each grant is \$125,000. These awards are in addition to the eight outreach grants awarded in September of 2004.

Outreach strategies will be customized to fit the needs of each community. USDA will study the effectiveness of these strategies to educate eligible people about nutrition benefits of the program, eligibility rules and application guidelines.

Grant opportunities were made available to public, private and non-profit organizations, including faith- and community-based organizations across the nation to assist in educating eligible, low-income people who are not currently participating in the Food Stamp Program.

The eight grantees are:

Community Food Bank, Inc., Tucson, AZ, \$125,000

Good Faith Fund, Pine Bluff, AR, \$125,000

City of Oakland, Oakland, CA, \$125,000

Harbor Interfaith Services, Inc., San Pedro, CA, \$121,687

Worcester Community Action Council, Worcester, MA, \$125,000

Food Bank of Northern Nevada, Sparks, NV, \$125,000

Congreso de Latinos Unidos, Philadelphia, PA, \$125,000

Housing Authority of the City of Milwaukee, Milwaukee, WI, \$125,000

The Food Stamp Program, administered by USDA's Food and Nutrition Service, provides crucial support to working poor and needy households.

For more information, visit USDA's Food and Nutrition Service Web site at www.fns.usda.gov.

SENATE COMMITTEE APPROVES USDA SECRETARY

On January 7th, the Senate Agriculture Committee voted 20 to 0 in favor of confirming Nebraska Governor Mike Johanns (R) as the next U.S. Department of Agriculture (USDA) Secretary. A full Senate vote is expected to occur toward the end of January.

"I will promise you this: If you should decide I am fit to serve our country in this capacity, I will do so with passion, determination, and a continued commitment to the very values I learned on that dairy farm near Osage, Iowa," said Johanns.

In answer to a question about making farming profitable, Governor Johanns included USDA's nutrition programs among key strategies. He noted a connection between farm and food programs and explained that the nutrition programs have an impact, "no doubt about it." He recounted telling someone that the nutrition programs are a "significant" piece of what USDA does, accounting for more than half of the department's budget.

Listen to a replay of the hearing online at <http://agriculture.senate.gov/index.html>.

NOMINATE SOMEONE TO BE A HUNGER HERO

The Food Stamp Outreach Coalition is pleased to announce the Hunger Heroes Program. This program was established to honor local offices that provide exemplary service in assisting eligible clients to obtain food stamps. The goal of the program is to recognize and support those local offices with food stamp professionals who embrace the mission of the Food Stamp Program "to increase food security and to reduce hunger by providing children and low income people with food, a healthy diet and nutrition education."

Local offices with a unique and creative approach to serving their clients will be selected as the 2005 Hunger Heroes. Awardees will be acknowledged at the 2005 State Food Stamp Directors conference. All Hunger Heroes nominees will be recognized with a certificate noting the extra effort, commitment and passion these offices contribute to assuring that food stamp participants have the nutrition assistance they need for their families. In addition, all nominees will be listed as exemplary offices on the Food Stamp Program's web site (www.fns.usda.gov/fsp/).

The nomination process is simple. Any individual, agency or organization who has worked, observed or has personal experience with a local food stamp office that provides exemplary service to food stamp clients and/or applicants may nominate that office to be honored as a Hunger Hero.

Nomination forms will be available in local food stamp offices, and various web pages such as the Food Stamp Program's outreach pages, World Hunger Year, American Public Human Services Association and the Food Research and Action Center. All nominations for this year's awards must be submitted by March 1, 2005.

The Food Stamp Outreach Coalition is a national group of interested organizations and individuals that provide a forum for the sharing of

outreach ideas, strategies, and resources in order to improve the accessibility of the Food Stamp Program and increase participation by eligible persons. The Coalition seeks to broaden community awareness and improve access and support for the Food Stamp Program and is committed to improving its effectiveness through viable partnerships.

Questions concerning the Hunger Heroes Program or the Food Stamp Coalition should be e-mailed to FSOC@fns.usda.gov.

A link to the nomination form and additional information is available at www.fns.usda.gov/fsp/outreach/heroes.htm.

FEDERAL REGISTER

- U.S. Department of Agriculture (USDA), 12/30/04, p. 78340. This rule proposes to amend the regulations governing procedures related to the procurement of goods and services in the National School Lunch Program, School Breakfast Program and Special Milk Program to remedy deficiencies identified in audits and program reviews. This proposal makes changes in three areas: the school food authority's responsibility for proper procurement procedures and contracts; prohibitions on the school food authority's use of nonprofit school food service account funds for costs resulting from improper procurements and contracts; and the state agency's review and approval of school food authority procurement procedures and contracts. The proposed rule also makes technical amendments to the Special Milk Program and School Breakfast Program regulations to make the procurement and contract requirements and consequences for failing to take corrective action in these regulations consistent with the National School Lunch Program regulations. It also adds the definitions of contractor and nonprofit school food service account to the National School Lunch Program, Special Milk Program

and School Breakfast Program regulations. These changes are intended to promote free and open competition in school food authority procurements, clarify state agency rights and ensure that only allowable contract costs are paid with nonprofit school food service account funds. To be assured of consideration, comments must be received on or before 02/28/05. Comments may be submitted by any of the following methods: via e-mail to CNDPROPOSAL@FNS.USDA.GOV, (In the subject line of the message, identify that the comments are for the CND proposed procurement rule.); by fax to 703/305-2879, attention Terry Hallberg; by mail to Mr. Terry Hallberg, USDA, 3101 Park Center Drive, Room 640, Alexandria, Virginia 22302-1594; or through the Federal Rulemaking Portal online at www.regulations.gov. For further information, contact Denise Londos or Todd J. Barrett at the above address or by telephone at 703/305-2590.

- USDA, 12/30/04, p. 78386. USDA issues a notice informing the public of the annual adjustments to the reimbursement rates for meals served in the Summer Food Service Program for Children (SFSP). These adjustments reflect changes in the Consumer Price Index and are required by the statute governing the program. In addition, further adjustments are made to these rates to reflect the higher costs of providing meals in the States of Alaska and Hawaii, as authorized by the William F. Goodling Child Nutrition Reauthorization Act of 1998. The effective date was

01/01/05. For further information, contact Robert M. Eadie, U.S. Department of Agriculture, 3101 Park Center Drive, Room 640, Alexandria, Virginia 22302, 703/305-2590.

**SFSP Payment Rates for All States
(Except Alaska and Hawaii)**

Maximum Rate Per Meal
(In Whole or Fractions of U.S. Dollars)
Effective 01/01/05 - 12/31/05

| Type of Meal Served | Operating Costs | Administrative Costs For Meals Served at | |
|---------------------|-----------------|--|----------------------|
| | | Self-preparation or Rural Sites | Other Types of Sites |
| Breakfast | 1.42 | 0.1400 | 0.1125 |
| Lunch | 2.48 | 0.2600 | 0.2150 |
| Supplement | 0.58 | 0.0700 | 0.0550 |

TEXAS REGISTER

- Texas Workforce Commission (TWC), 12/17/04, p. 11576. TWC proposes changes to Chapter 813 of the Texas Administrative Code relating to Food Stamp Employment and Training (FSE&T). The purpose of the proposed Chapter 813 rule changes is, in part, to improve FSE&T service delivery, based on available funding, by expanding services statewide. Additionally, the proposed rule changes include the following provisions: (1) establish monthly eligibility verification requirements for all FSE&T participants; (2) require Local Workforce Development Boards (Boards) to coordinate with the Texas Health and Human Services Commission to provide consistent and streamlined FSE&T services; (3) establish FSE&T good cause procedures that mirror those of the Choices program as set forth in 40 TAC Chapter 811; and (4) allow Boards the flexibility, based on available funding, to provide post-employment services for food stamp recipients who become employed. The earliest possible date of adoption is 01/16/05. For further information, call 512/475-0829.

Archived Food Journals are now available on line at www.tacaa.org.

The Food Journal welcomes your comments and ideas for stories. To contact us, please call (800) 992-9767 ext. 203, or e-mail comments and suggestions to foodjournal@tacaa.org.



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