

June 2007

# What's In Your Cupboard?

## Mold on Food

Molding is a common type of food spoilage. Most moldy food (such as bread with fuzzy green dots and jam with "fur") isn't safe to eat. Certain molds make a cancer-causing poison called aflatoxin.

Just a few moldy foods can be safely used if they aren't covered with mold. For hard cheese such as Cheddar, cut off at least 1 inch below the mold spot. You can also cut 1 inch off around a mold spot in firm fruits and vegetables such as bell peppers.

Clean refrigerators and dish cloths to keep mold from growing. Wash the inside of your refrigerator with 1 Tablespoon of baking soda in 1 quart of water. Rinse with clean water and dry. Scrub visible mold (usually black) on rubber casings using 1 Tablespoon of bleach in 1 quart of water. Launder dish cloths and towels often. Buy new sponges when needed.

## Fiber Facts

Eating enough fiber can reduce your risk of diabetes and heart disease, helps with weight maintenance, and helps with digestion. Most people don't get enough fiber. Here are some examples of amounts of fiber found in different foods. Adults should get 25-30 grams of fiber a day. Do you get yours?

1/2 cup cooked pinto beans.....	8 grams
1 apple (peel included).....	3 grams
Whole grain bread or muffin.....	3 grams
1/2 cup brown rice.....	2 grams
1/2 cup white rice.....	1 gram
1 cup applesauce.....	1 gram
Meat, poultry, eggs, milk, cheese.....	0 grams



## Summer Food Service Program

Community sites offer free meals to any child through the age of 18 during the summer months when school is not in session. Meals are usually served at locations such as parks, schools, community centers, churches and other places where children gather in the summer.

Call **1-800-SAFENET** (723-3638) from June through August to find the location of the site closest to you. The program is not available in all areas.

For information on how to get emergency food for your family, call Oregon Food Bank: 1-800-777-7427