



Serving Centre County residents with food needs.

### Spiced Chickpea "Nuts"

When roasted in a hot oven, chickpeas become super crunchy. They're a great low-fat substitute for nuts or chips when salty cravings hit.

**4 servings, 1/4 cup each | Active Time:** 5 minutes | **Total Time:** 1 hour

#### Ingredients

- 1 15-ounce can chickpeas, rinsed
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons ground cumin
- 1 teaspoon dried marjoram
- 1/4 teaspoon ground allspice

1/4 teaspoon salt

1. Position rack in upper third of oven; preheat to 450°F.
2. Blot chickpeas dry and toss in a bowl with oil, cumin, marjoram, allspice and salt. Spread on a rimmed baking sheet. Bake, stirring once or twice, until browned and crunchy, 25 to 30 minutes. Let cool on the baking sheet for 15 minutes.

# Food Pantries of Centre County



Newsletter—Winter 2016

## What You Need to Know About The New Oil That's Replacing Trans Fat

Back in June, the FDA announced a long-awaited ban on trans fats—those controversial lab-made fats that are shown to decrease "good" HDL cholesterol, increase "bad" LDL cholesterol, and up your risk for heart disease and diabetes. Now, food companies have until June 2018 to boot trans fats from their products.

But the ingredient they're using to replace trans fats might be just as harmful.

Meet interesterified fat (IF), an industrially produced ingredient that will likely show up in more and more products now that the FDA's trans-fat deadline is looming. It's made by combining stearic acid (a naturally occurring saturated fat that's found in chocolate, among other foods) with vegetable oils, like palm oil or soybean oil. This process rearranges the fat's molecular structure, making it more shelf-stable (and thus perfect for processed foods).

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The problem? There's very little research on the health effects of IF, and the research that is out there is not super encouraging. In one 2007 study that included 30 human volunteers, IF was shown to raise "bad" cholesterol, lower "good" cholesterol, and even raise fasting blood sugar by 20%. And a more recent trial in rodents found that when mothers eat a diet that replaces trans fat with IF, their male offspring are predisposed to obesity.

But wait, there's more: Because manufacturers aren't required to mention interesterification in the ingredients list (just like you won't find the words "trans fat" in an ingredients list now; you have to know to look for "partially hydrogenated"), it's hard to know whether or not a food even con-

tains IF in the first place. Thanks a lot, food industry.

Luckily, there are ways to avoid IF, says Alexandra Caspero, RD, a Missouri-based nutritionist and author of the blog *Delish Knowledge*. First, she says, it's a good idea to cut back on processed foods.

Then, keep an eye out for ingredients like palm oil, palm kernel oil, and fully hydrogenated oils: These usually (but not always) indicate that fats in the product have been interesterified.

"Definitive research is definitely needed, but my gut is to avoid or limit these fats until more is known," Caspero says. And other nutrition authorities agree: We really don't have enough data on these fats to make a ruling on them just yet.

For now, it's probably better to stay on the safe side.

# Free Tax Assistance 2016

The Volunteer Income Tax Assistance (VITA) Program offers free tax help for low-to-moderate income individuals/families (generally, \$53,000 and below). IRS certified preparers are available at various locations throughout **Centre County** to prepare and electronically file **basic** tax returns.

<p>FOR APPOINTMENTS in Bellefonte, State College, or Philipsburg:  <b>On or after January 18</b>, and after you receive <u>ALL</u> of your tax documents, call RSVP at <b>814-355-6816</b> and <b>select option #1</b> to make a VITA appointment.          Appointments will be made <b>ONLY ON</b> Mondays, Wednesdays, and Fridays between 9:00 AM and 4 PM. Thank you for honoring our appointment schedule.</p>	
<p><b><u>Church of the Good Shepherd</u></b>          402 Willowbank St.          Bellefonte, PA 16823  <b>Opens Feb. 4/Closes Apr. 16</b></p>	<p>Tuesdays 3 pm - 9 pm          Thursdays 9 am – 9 pm          SAT 9 am - 6 pm  <b>BY APPOINTMENT ONLY</b></p>
<p><b><u>Schlow Centre Region Library</u></b>          211 South Allen Street          State College, PA 16801  <b>Opens Feb. 17 / Closes Apr. 15</b></p>	<p>Mondays/Wednesdays/Fridays          10 am -4 pm  <b>BY APPOINTMENT ONLY</b></p>
<p><b><u>Moshannon Valley YMCA</u></b>          113 N 14th St,          Philipsburg, PA 16866  <b>Opens Feb. 9/ Closes Apr. 5</b></p>	<p>Tuesdays          10 am - 2 pm  <b>BY APPOINTMENT ONLY</b></p>
<p>To make appointments in Aaronsburg or at the PSU site, please see the appointment information below.</p>	
<p><b><u>Penns Valley Family Service Center</u></b>          337 East Aaron Square          Aaronsburg, PA 16820  <b>Opens Feb. 4/ Closes Apr. 7</b></p>	<p>Thursdays          10 am - 3 pm  <b>BY APPOINTMENT ONLY</b>  <u>Call (814)349-5850</u></p>
<p><b><u>Penn State University</u></b>          Ferguson Bldg, Rm 10 (basement)          Located at corner of Shortlidge and Curtin Rds.          (From Park Ave. turn onto Shortlidge Rd.)  <b>Closed March 5-14</b> (Spring Break)  <b>Opens Feb. 2/ Closes Apr. 14</b></p>	<p>Tuesdays/Wednesdays/Thursdays          5 pm - 8 pm          Saturdays 9 am - 2 pm  <b>BY APPOINTMENT ONLY</b>          www.psuvida.org  <u>Call 814-863-4147, Mon. – Fri. (beginning 1/26/16)</u>  <u>8:30 am - 4:30 pm</u></p>

**Required Items/Information:**

- **Proof of Medical Insurance Forms (if you receive them)**
- Photo identification (Examples: Driver’s License, State ID, School ID)
- **Social Security Cards and birth dates for you, your spouse and dependents**
- Income documents: W-2, W-2G, 1099-R, 1099-Int, 1099-Div, 1099-Misc, and so on
- **A copy of last year’s federal and state returns (if available)**
- Bank routing numbers and account numbers (if you want Direct Deposit/Debit)
- **To file taxes electronically for a married-filing-joint tax return, both spouses should attend.**

**DO YOU QUALIFY FOR A REFUND?**

If you earned income in 2015 and taxes were withheld, you may qualify for a refund, or the Earned Income Tax Credit, even if you are not required to file an income tax return. For free assistance with Federal, PA State, Local, and PA 1000 rebate forms, please follow these instructions.

**IRS Tax Questions:** IRS Agents are available via video conferencing M-F, 9:00 am to 12:30 pm and 1:30 pm to 4:00 pm at the Willowbank Building, 420 Holmes Street, **Room 341**, Bellefonte, PA or phone the IRS