



mid michigan
COMMUNITY
Action

"Helping People, Changing Lives."

January 2024

Tidbits

Senior Food Program Publication



Like us on Facebook for agency updates!

Reminder Calls

Monthly customers will receive an automated call the day before distribution reminding you to pick up your box. If you did not receive a call this month or would like to opt out, please call 989-386-3805 x 1028.

Your Commodity Box: Reuse or Recycle?

- **Return clean** boxes to us at the next distribution so we can reuse them after disinfection.
- **Recycle** boxes through your residential recycling service if they are **dirty, stained**, or have been **exposed to pests**

Upcoming Recertifications

Each month, select commodity customers will complete their recertification. Customers must be recertified every three years.

- **January**—All Gladwin County private apartment distributions
- **February**—All Osceola County private apartment distributions
- **March**—Customers with last names beginning with C at public distributions

Mid Michigan Community Action will be closed on the following dates:

- **January 15**
- **February 19**
- **March 29**

National Fiber Focus Month

Fiber is essential in our diets. There are insoluble fibers and soluble fibers.

Insoluble fibers absorb water. This means that if you are experiencing constipation, fiber will keep more water in your digestive system helping things to move along. And if you are experiencing diarrhea, fiber can help you by absorbing water.

Soluble fibers dissolve in water and can trap fat, meaning your body absorbs less fat. Your stomach takes longer to empty when you have a high fiber diet. Eating enough soluble fiber can help lower cholesterol and improve blood glucose levels.

Plant foods like lentils and beans, and fruits like pears, are rich sources of fiber.

This content is intended to be used as general information only and is not a substitute for medical advice from a licensed practitioner. Please consult with your physician to see if the advice in this article is appropriate for you.

Questions? Give Us a Call!

Bay, Clare, Gladwin, Mecosta, Midland, Muskegon, Oceana & Osceola Counties: 1-877-213-5948

Gratiot, Ionia, Isabella, & Montcalm Counties: 616-754-9315

Online: www.mmcaa.org/seniors

This institution is an equal opportunity provider.

Michigan Produce Spotlight: Cauliflower

Michigan-grown cauliflower is available from July through October. There are a few varieties of cauliflower but the one we see most in the grocery store is the Snow Crown. Cauliflower can be eaten raw, or cooked, on its own, or added to recipes such as salads or soups. Cauliflower is a great side dish. Some varieties of cauliflower are also used in freezing and pickling.

For more information: www.canr.msu.edu

Upcoming Distribution Schedule

If someone else is picking up your food, please send a signed note allowing them to do so. We will ask the person picking up your food for their ID. If you missed your distribution, you can attend Make Up Day at our Food Warehouse, located at 2300 East Ludington Drive, Clare. *Please note that scheduling changes may occur. Changes will be posted on www.mmcaa.org, Facebook, and sent to monthly customers via robocall.*

- **Albright Shores Eagles:** February 13, 11-12
- **Alma Elks Lodge:** February 26, 9:30-11
- **Anchor Point Bible Church, Norton Shores:** March 27, 10:30-12
- **Arms of Love, Greenville:** February 1, 10-11
- **Bay City Town Center:** February 14, 11-12:30
- **Clare Moose Lodge:** February 15, 9:30-10:30
- **Christ Temple Apostolic Church, Muskegon:** March 25, 10:30-11:30
- **Essexville Community Church:** February 5, 12:30-1:30
- **Ewart Moose Lodge:** February 21, 12:30-1:30
- **God's Helping Hands, Remus:** February 7, 1-2
- **Grace Community Church, Howard City:** February 1, 1-2
- **Gratiot Commission on Aging:** February 26, 12-1
- **Greendale Township Offices:** February 6, 11-12
- **Harrison Moose Lodge:** February 20, 10-11
- **Holton Community Center:** March 7, 10:30-11:30
- **Immanuel Lutheran Church, Mt. Pleasant:** February 28, 10-11
- **Ionia Moose Lodge:** February 27, 10-11
- **Marion VFW Post:** February 15, 11:30-12:30
- **New Beginnings United Methodist, Gladwin:** February 12, 10:30-11:30
- **New Hope Community Church, Shelby:** March 26, 11:15-12:15
- **Pinconning United Methodist:** February 13, 1-2
- **Resurrection Life Church, Big Rapids:** February 7, 10:30-11:30
- **Sanford American Legion:** February 6, 9:30-10:30
- **United Methodist Church of Reed City:** February 21, 10:30-11:30
- **Food Warehouse Make Up Day, Clare:** February 22, 9-11

The calendar is also available at www.mmcaa.org. Private distributions are not listed.

Customers must inform Mid Michigan Community Action of changes in income or household composition within 10 days of the change.

January Recipe: Lunch Wraps

Ingredients

- 1 cup brown rice (uncooked)
- 2 cups water
- 1 can pinto beans (rinsed)
- 2 cans black beans (rinsed)
- 2/3 cup (drained)
- 2/3 cup tomatoes (diced, drained)
- 8 flour tortillas (10 inch)
- 1 cup shredded cheese

Directions

1. Cook rice on the stove top.
2. Preheat oven to 350 degrees Fahrenheit. Place beans, corn, and tomatoes in a large bowl and toss to mix. Add the rice and cheese, mix well.
3. Spoon the mixture evenly between tortillas and roll up.
4. Bake for 10 minutes or until cheese is melted.

Tip: Make these wraps ahead of time and freeze until ready to use. These wraps are great to take for lunch and can be reheated in the microwave.

Makes 8 servings