



mid michigan  
**COMMUNITY**  
*Action*

"Helping People, Changing Lives."

October 2023

# 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 x1203.

## 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**

## Focus on: Volunteering

We are seeking volunteers for the 2024 tax preparation season! No experience is necessary, and we have tax preparation and non-tax preparation positions available in Clare, Gladwin, Mecosta, and Osceola Counties. Help your neighbors get the most out of their tax returns!

**Interested volunteers should contact Rebeca at 989-386-3805 ext. 1028**

## Breakfast Tips

Breakfast gives you energy and boosts your mood to start the day off right! Add berries or other fruits to your cereal or pancakes. Include protein in your breakfast like eggs, yogurt, or cheese. Breakfast doesn't have to be eggs and toast. You can eat a sandwich!

## Cooking for One

Cooking for one person has many benefits. It will

- Help increase your healthy options
- Let you make what you like, how you like it
- Tap into your creative side

Some tips to making your own meals include

- Plan the meals ahead of time
- Use frozen or canned fruits and vegetables
- Make enough for leftovers
- Add new sauces and seasonings
- Freeze meals and reheat them later

Keep you and your food safe

- Put leftovers in the fridge so they don't spoil
- Only reheat the portion of leftovers you need
- If something tastes or smells off, throw it out

*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.*

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

- **October 27**
- **November 23-24**
- **December 25-January 1**

## 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](http://www.mmcaa.org/seniors)**

*This institution is an equal opportunity provider.*

## Michigan Produce Spotlight: Parsnips

Parsnips look like cream-colored carrots. They have a sweet, nutty flavor, and choosing small to medium sized parsnips gives you the best flavor.

Parsnips can be eaten raw, but they are usually cooked. They can be baked, boiled, fried, pureed, roasted, or steamed.

Parsnips are high in Vitamin C and Manganese which help with eye, heart, gut, and bone health. Michigan parsnips are in season during September and October. Learn more: [www.canr.msu.edu](http://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](http://www.mmcaa.org), Facebook, and sent to monthly customers via robocall.*

- **Albright Shores Eagles:** November 14, 11-12
- **Alma Elks Lodge:** December 8, 9:30-11
- **Anchor Point Bible Church, Norton Shores:** November 22, 10:30-12
- **Arms of Love, Greenville:** December 7, 10-11
- **Bay City Town Center:** November 8, 11-12:30
- **Clare Moose Lodge:** November 16, 9:30-10:30
- **Christ Temple Apostolic Church, Muskegon:** November 27, 10:30-11:30
- **Essexville Community Church:** November 6, 12:30-1:30
- **Evart Moose Lodge:** November 15, 12:30-1:30
- **God's Helping Hands, Remus:** November 1, 1-2
- **Grace Community Church, Howard City:** December 7, 1-2
- **Gratiot Commission on Aging:** December 8, 12-1
- **Greendale Township Offices:** November 7, 11-12
- **Harrison Moose Lodge:** November 21, 10-11
- **Holton Community Center:** November 2, 10:30-11
- **Immanuel Lutheran Church, Mt. Pleasant:** December 22, 10-11
- **Ionia Moose Lodge:** December 15, 10-11
- **Marion VFW Post:** November 16, 11:30-12:30
- **New Beginnings United Methodist, Gladwin:** November 13, 10:30-11:30
- **New Hope Community Church, Shelby:** November 28, 11:15-12:15
- **Pinconning United Methodist:** November 14, 1-2
- **Resurrection Life Church, Big Rapids:** November 1, 10:30-11:30
- **Sanford American Legion:** November 7, 9:30-10:30
- **United Methodist Church of Reed City:** November 15, 10:30-11:30
- **Food Warehouse Make Up Day, Clare:** November 30, 9-11

*The calendar is also available at [www.mmcaa.org](http://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.**

## October Recipe: Roasted Root Vegetables

### Ingredients

- 1 can potatoes\*
- 1 can sweet potatoes/yams\*
- 1 can carrots\*
- 2 parsnips (peeled and chopped)\*
- ¼ cup vegetable oil
- Salt and pepper or other seasonings to taste
- 2 Tbsp parmesan cheese (optional, or use cheese substitute of choice)

### Directions

1. Preheat oven to 350 F
2. Drain canned vegetables (clean and cut fresh vegetables)
3. Place vegetables in a medium bowl and pour oil over top. Add seasonings or parmesan and mix well.
4. Spread an even layer on a baking sheet or pan.
5. Bake for 1/2 hour or until tender. Fresh vegetables may need longer.

Makes 4 servings

\*You can substitute other canned or fresh root vegetables, but cooking times may vary