



mid michigan  
**COMMUNITY**  
*Action*

"Helping People, Changing Lives."

March 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 Empty Food 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 senior food box customers will complete their recertification. Customers must be recertified every three years.

- **March**—Customers with last names beginning with C at public distributions
- **April**—Customers with last names beginning with D at public distributions
- **May**—Customers with last names beginning with E at public distributions

## Keeping Your Teeth Healthy

Keeping your teeth healthy is important. Missing teeth or dentures that don't fit right can make eating difficult. To help keep teeth healthy, visit the dentist regularly for teeth and denture checkups. Brush your teeth and dentures at least twice a day and floss at least once a day.

Calcium works to keep teeth strong. Good sources of calcium come from the dairy group with foods like milk, yogurt, cheese, lactose-free milk, fortified soy milk, and yogurt.

Do you have difficulty chewing?

- Cut meat into small pieces before cooking.
- Chop vegetables and fruit.
- Cook food until they are soft.
- Try softer meat/protein substitutes like canned beans, eggs, peanut butter, cottage cheese, or other cheeses.
- Try blending or mashing foods with a potato masher or blender.

*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:

- **March 29**
- **April 26**
- **May 27**

## 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.*

## Mid Michigan Community Action Spotlight: Weatherization

For households struggling with high energy costs, Weatherization offers cost-effective solutions to reduce energy costs, increase safety in the home, and improve the health of the residents. Call the number for your county below to learn more.

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

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

### 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:** April 9, 11-12
- **Alma Elks Lodge:** April 22, 9:30-11
- **Anchor Point Bible Church, Norton Shores:** May 22, 10:30-12
- **Arms of Love, Greenville:** April 4, 10-11
- **Bay City Town Center:** April 10, 11-12:30
- **Clare Moose Lodge:** April 18, 9:30-10:30
- **Christ Temple Apostolic Church, Muskegon:** May 29, 10:30-11:30
- **Essexville Community Church:** April 1, 12:30-1:30
- **Evart Free Methodist Church:** April 17, 12:30-1:30
- **God's Helping Hands, Remus:** April 3, 1-2
- **Grace Community Church, Howard City:** April 4, 1-2
- **Gratiot Commission on Aging:** April 22, 12-1
- **Greendale Township Offices:** April 2, 11-12
- **Harrison Moose Lodge:** April 16, 10-11
- **Holton Community Center:** May 2, 10:30-11:30
- **Immanuel Lutheran Church, Mt. Pleasant:** April 24, 10-11
- **Ionia Moose Lodge:** April 23, 10-11
- **Marion VFW Post:** April 18, 11:30-12:30
- **New Beginnings United Methodist, Gladwin:** April 8, 10:30-11:30
- **New Hope Community Church, Shelby:** May 28, 11:15-12:15
- **Pinconning United Methodist:** April 9, 1-2
- **Resurrection Life Church, Big Rapids:** April 3, 10:30-11:30
- **Sanford American Legion:** April 2, 9:30-10:30
- **United Methodist Church of Reed City:** April 17, 10:30-11:30
- **Food Warehouse Make Up Day, Clare:** April 25, 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.**

## March Recipe: Pasta Primavera

### Ingredients

- 1 cup uncooked rotini
- 1 tablespoon vegetable oil
- 2 cups of mixed vegetables, drained
- 1 cup of diced tomatoes, drained
- 1 tablespoon margarine
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 3 tablespoons Parmesan cheese

### Directions

1. Cook rotini according to package directions.
2. While rotini is cooking, heat oil in a skillet.
3. Add vegetables and sauté until tender; stir constantly.
4. Add tomato and sauté 2 more minutes.
5. Drain pasta and return to pot.
6. Add margarine to pasta and stir until melted.
7. Add seasonings and vegetables to pasta, stir until combined
8. Serve, sprinkling with Parmesan cheese.

Source:

[www.snaped.fns.usda.gov](http://www.snaped.fns.usda.gov)