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Reminder Calls

We have a new reminder system!

Monthly customers will again 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 x1202.

Your Commodity Box: Re-use or Recycle?



- Return **clean** boxes to us at the next distribution so that 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: LIHWAP

The Low-Income Household Water Assistance Program (LIHWAP) is a temporary emergency program to help low-income households pay overdue water and sewer bills. Michigan received emergency funding from Congress to administer this program. This program is available to low-income homeowners or renters.

If you or someone you know is behind on their water bill or the water in their home is currently disconnected, contact the Community Action nearest you for assistance.

Diabetes

Diabetes is a long-lasting health condition that affects how your body turns food into energy. Your body breaks down most of the food you eat into sugar (glucose) and releases it into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy. With diabetes, your body doesn't make enough insulin or can't use it as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream.

There are two main types of diabetes.

Type 1 diabetes can happen at any age, race, shape, and size. With Type 1 the body does not produce insulin. Type 1 diabetics will need insulin shots or insulin therapy. By living a healthy lifestyle that includes exercise and proper diet, and following what the doctor prescribes as insulin therapy, the disease can be managed, and Type 1 diabetics can live a normal life.

Type 2 diabetes is the most common form of diabetes. With Type 2 diabetes, the body does not use insulin properly. Some people can control their blood sugar levels with healthy eating and exercise and some may need medication or insulin to help manage it.

Some healthy food choices include beans, whole grains, fruits, vegetables, tuna, and salmon. All of these can be found in the Commodity Supplemental Food Program (CSFP) package.

To learn more about diabetes, visit www.diabetes.org.

This content 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 & Osceola Counties: 989-386-3805

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

Online: www.mmcaa.org

Featured Commodity: Pears

Nutrition Information:

- 1 cup of canned pears counts as 1 cup of fruit in the ChooseMyPlate.gov Fruit group.
- Pears are naturally low in fat, sodium, and calories. Fruit does not have cholesterol. Canned pears contain many vitamins and minerals that are important for your body. Pears are also a great source of fiber.

Uses & Tips:

- Canned pears do not need to be cooked or heated, they can be eaten right away. Canned pears can be used to add sweetness to other foods. For example, they can be added to plain yogurt or oatmeal.
- Try adding thin slices of pears to replace jam on a peanut butter sandwich. Pears can be added to muffins, quick breads, and baked goods to add flavor and additional nutrients.

Upcoming Distribution Schedule

If someone else is picking up your food for you, please send a signed note allowing them to do so. We will ask the person picking up your food for their ID. *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 14, 10:30-11:30
- **Alma Elks:** February 27, 9:30-11:00
- **Arms of Love, Greenville:** February 2, 10:30-11:30
- **Bay City Town Center:** February 8, 1:00-2:30
- **Clare Moose Lodge:** February 16; 10:00-11:00
- **Essexville Community Church:** February 6, 12:30-1:30
- **Evart Moose Lodge:** February 15; 11:00-12:00
- **First Congregational, Harrison:** February 21, 10:00-11:00
- **Gladwin Free Methodist Church:** February 13, 10:00-11:00
- **God's Helping Hands, Remus:** February 1, 2:00-3:00
- **Gratiot Commission on Aging:** February 27, 12:30-1:30
- **Greendale Township Offices:** February 7, 1:00-2:00
- **Grace Community Church, Howard City:** February 2, 1:30-2:30
- **Immanuel Lutheran, Mt. Pleasant:** February 22, 10:00-11:00
- **Ionia Moose Lodge:** February 28, 10:30-11:30
- **Marion VFW Post:** February 15, 1:30-2:30
- **Pinconning United Methodist:** February 14, 1:00-2:00
- **Resurrection Life Church:** February 1, 11:00-12:00
- **Sanford American Legion:** February 7, 10:30-11:30
- **United Methodist Church of Reed City:** February 16, 2:00-3:00

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

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

January Recipe: Chicken & Pear Salad

Ingredients

2 cups canned pears, drained, diced
¼ cup celery, chopped
½ cup onion, chopped
¼ cup raisins
1 cup cooked chicken, diced (or canned chicken)
4 tablespoons plain yogurt, low-fat
⅛ teaspoon salt
Dash of pepper, to taste
1 tablespoon lemon juice

Directions

1. In a large bowl, combine all ingredients.
2. Mix well.
3. Serve now or chill.