



Computer Safety

To keep you safe when online, the National Council on Aging suggests:

Use Strong Passwords

Simple passwords are easy to hack.

Guard Your Personal Information

Think before giving out your personal information online. Don't post personal information on social media.

Be Wary of Unrealistic Offers

If something seems too good to be true, it's probably a threat to your online safety.

Avoid Phishing Scams

Make sure emails come from real people, organizations, and companies.

Think Before Opening Attachments

Attachments can have harmful viruses that could potentially infect your computer. Don't open attachments unless you know the sender.

Healthy Eating Tips

As we grow older, our nutritional needs change. We need fewer calories and different amounts of nutrients. It is important to choose foods that give us what we need. Below are some tips to help you choose healthy food:

- Know what a healthy plate looks like. Go to www.myplate.gov to learn more about what a balanced plate looks like.
- Look for important nutrients. A healthy meal includes lean protein, fruits and vegetables, whole grains, and low-fat dairy. Choose foods that are high in fiber and low in sodium or salt.
- The healthiest foods are whole foods. These are typically found on the perimeter of the grocery store in the produce, meat, and dairy sections.
- Use recommended servings. Eating the right amount of food for your age and body helps you maintain a healthy weight.
- Sip on water throughout the day.

Upcoming Distributions

Call or text your local office

- Bay City: 989-894-9060
- Big Rapids: 231-660-0271
- Farwell: 989-386-3805
- Gladwin: 989-426-2801
- Shelby: 231-923-3066
- Midland: 989-832-7377
- Muskegon: 231-557-7622
- Reed City: 231-791-7078

Residents of Clinton, Eaton, & Ottawa Counties should call 989-229-0849.

Residents of Gratiot, Ionia, Isabella, & Montcalm Counties should call 616-754-9315

For a complete list of distributions, call 989-229-0849.

Spotlight on Help with Medical Costs

If you're on Medicare and have limited income, you may qualify for programs that help pay for premiums, co-pays, prescriptions, and other health care costs. These include Medicaid and the Medicare Savings Programs, like QMB (Qualified Medicare Beneficiary).

To find out what help is available, contact your local health department, Area Agency on Aging, or visit medicare.gov

NUTRITION NEWS

Michigan Agriculture Spotlight: Eggs

Michigan has 17 laying hen farms with over 15 million hens across the state. These hens lay over 4,548 million dozen eggs a year. Michigan's egg farmers serve your local grocer, large restaurants, local diners, and the food service industry (liquid eggs). Michigan egg farmers supply eggs to all McDonald's restaurants east of the Mississippi River! Eggs are low in calories but have plenty of protein, vitamins, and minerals.

Eggs are part of the protein group. One egg is a one-ounce serving of protein. You should aim to consume at least 5-6 ounces of protein per day.

Learn more from the Michigan Ag Council:
www.michigangrown.org

Applesauce Cookies

Ingredients

- 1 cup sugar
- ½ cup (1 stick) margarine/butter, softened
- 1 egg
- 2 teaspoons baking soda
- 2 ½ cups all-purpose flour
- ½ teaspoon salt
- 1 teaspoon cinnamon
- 1 ½ cups applesauce
- 1 cup raisins

Directions

1. Preheat oven to 350°F. Prepare pan or cookie sheet (see below).
2. Cream together sugar, margarine, and egg.
3. In a separate bowl, combine baking soda, flour, salt, and cinnamon. Mix well.
4. Stir flour mixture into margarine/butter mixture just until moist.
5. Add applesauce and raisins.
6. Drop dough by heaping teaspoon several inches apart on a greased baking sheet.
7. Bake at 350°F for 10 to 12 minutes.

Chicken Cheese Dip

Ingredients

- ½ package of cheese
- 1 can diced tomatoes
- 2 cans canned/pouched chicken (shredded)
- 1 can black beans (drained and rinsed)
- 1 tablespoon taco seasoning
- ½ cup sour cream

Directions

1. Preheat oven to 350°F.
2. Stir all the ingredients in a large bowl.
3. Pour the mixed ingredients in a casserole dish or cast iron skillet.
4. Cook for 15 minutes and then stir.
5. Cook for an additional 10 minutes.
6. Serve with tortilla chips or fresh cut vegetables.

The material provided is intended to be used as general information only and should not replace the advice of your physician. Always consult your physician for individual medical care.

The contents of the USDA food boxes are intended for consumption only by the program recipient and no other person(s). USDA foods are specifically chosen to supplement the nutritional needs of the population served by this program.