



Spotlight on the Community Needs Assessment!

The 2024 Community Needs Assessment Survey is still open, and we want to hear from you! Your input helps us understand the needs of the communities we serve and guides our planning for the next three years.

The survey only takes about five minutes to complete, and your feedback is invaluable in helping us improve our services. You can fill it out online at www.mmcaa.org/cna or scan the QR code with your phone camera.



Thank you for helping us better serve you and the community!

Milk in the USDA Food Box

The USDA food box contains UHT and/or instant nonfat dry milk. Both are excellent sources of calcium and Vitamin D. These help bones and teeth stay strong. Nonfat milk has the same amount of protein, calcium, and vitamins as whole milk but no fat and fewer calories.

UHT stands for “ultra-high temperature.” UHT milk has been treated with heat so that it does not need to be refrigerated until after opening. UHT milk can be used in recipes just like regular milk or as a chilled beverage.

To make the instant nonfat dry milk, add dry milk powder to cold water and mix well. To make 1 cup of milk, add 1/3 cup of powder to one scant cup of water. To enhance the taste, prepare the milk in advance and chill in the refrigerator for at least an hour.

Add 1-2 Tablespoons of nonfat dry milk powder to smoothies, shakes, creamy soups, or hot cereals to boost the protein, calcium, and vitamins without adding extra fat. Use nonfat dry milk powder as a healthy, affordable coffee creamer.

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
- Hart: 231-923-3066
- Midland: 989-832-7377
- Muskegon: 231-557-7622
- Reed City: 231-791-7078

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

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

Healthy Teeth and Gums

Missing or loose teeth and dentures that don't fit right can make it difficult to eat.

- Visit the dentist regularly for teeth and denture checkups.
- Brush teeth and dentures at least twice a day.
- Floss your teeth at least once a day.

Michigan Produce Spotlight

Pumpkins

Michigan grows 79 million pounds of pumpkins. Pumpkins are processed for food or carved into jack-o-lanterns. Pumpkin is full of beta-carotene. This is an antioxidant that is great for overall health. Pumpkins are usually pureed and used in dishes like soups and pies. Michigan has over 130 pumpkin patches for you to visit and pick your own. Go to www.michigan.org and search for a patch near you!

Peanut Butter Balls

These are a delicious protein-packed snack!

Ingredients

- ½ cup peanut butter
- ½ cup nonfat dry milk powder
- 2 tablespoons honey
- ¼ cup raisins (optional)
- 1½ cups flake cereal

Directions

1. Mix all ingredients except cereal in large bowl. Chill the mixture in the refrigerator for an hour.
2. Place cereal in re-sealable bag and crush into crumbs using hands, cup, or rolling pin.
3. Form peanut butter mixture into 1-inch balls and roll in crushed cereal.
4. Store peanut balls in an airtight container or re-sealable bag.

www.myplate.gov

Osteoporosis

Osteoporosis weakens bones to the point that they can easily break. It is called a “silent disease” because people who develop it may not notice any changes until a bone breaks—usually a bone in the hip, spine, or wrist.

Bones are made of living tissue. To keep them strong, a healthy human body breaks down old bone and replaces it with new bone. Osteoporosis develops when more bone is broken down than replaced.

Healthcare providers can measure how strong bones are with a bone density scan.

The ways to prevent osteoporosis and the ways to treat osteoporosis are the same things. Regular exercise, a healthy diet, and medication if needed, will lower your chances of breaking a bone. These will also help to stop bone loss to prevent breaks.

Eating foods with calcium, Vitamin D, and protein each day will help prevent bone loss. Look for low-fat dairy, leafy green vegetables, fish, fortified juices, milk, and grains.

www.nia.nih.gov

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