



mid michigan
COMMUNITY
Action

"Helping People, Changing Lives."

November 2022

Tidbits

Senior Food Program Publication

Like us on Facebook for agency updates & info! 

Reminder Calls

Monthly customers will receive an automated call the day before distribution reminding you to pick up your box. If you no longer want to receive calls, press 7 at the end of the call to opt out. If you are not currently receiving calls and would like to, please call 989-386-3805 to update or verify your phone number.

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: LIHEAP

The Low Income Home Energy Assistance Program (LIHEAP) helps keep families safe and healthy through initiatives that assist families with energy costs. LIHEAP provides assistance in managing costs associated with home energy bills, energy crises, weatherization and energy-related minor home repairs.

LIHEAP can help you stay warm in the winter through programs that reduce the risk of health and safety problems that arise from unsafe heating and cooling practices.

To find LIHEAP services near you, contact your local Community Action Agency or call 211.

MMCAA will be closed for the holidays on the following dates:

- November 24th & 25th
- December 26th - 30th
- January 16th

Food Allergies

Food allergies can be very serious. If you have a food allergy, you cannot eat any of the food that you are allergic to. A food allergy affects your immune system, and it can make you very sick. For example, a food allergy might cause trouble breathing, itchy skin, vomiting, or other problems. Food allergies can be deadly for some people, so if you have a food allergy, it is very important to talk with your doctor and make sure you know what to do.

A food intolerance is different from an allergy. A food intolerance does not involve the immune system; it happens when your body has trouble digesting a certain food. If you eat a food that you are intolerant to, it can cause problems like stomachache, heartburn, bloating, gas, or diarrhea. You may still be able to eat small amounts of the food if you have an intolerance.

Lactose Intolerance – As we get older, it is common to have more trouble digesting lactose, which is found in dairy foods, such as milk, cheese, and yogurt. If you have lactose intolerance, it may help to eat smaller amounts of dairy at one time. Eat dairy products with a meal, and not alone. Try yogurt with "active cultures," which can help break down the lactose. Read food labels and watch out for products that have milk, milk solids, or lactose. Consider talking to your doctor about taking lactase pills, which help some people.

Gluten Free - Gluten is found in wheat, barley, and rye. A gluten-free food does not have these ingredients. Celiac Disease is very similar to a gluten allergy, and people with Celiac Disease should not eat any gluten. With gluten intolerance, some people may choose to eat mostly gluten-free foods to help them feel better.

It is important to be aware of cross contamination when cooking for someone with a food allergy. Using an unwashed knife used to spread peanut butter to later prepare food for someone with a peanut allergy can have deadly results. When preparing food for yourself or anyone else with an allergen, ensure safe foods are not contaminated by utensils, cutting boards, plates, etc. that were exposed to allergens.

Overall, it is very important to stay away from any foods that you are allergic to. Otherwise, eating a variety of fresh and natural foods can be a good way to help keep intolerances down.

Reprinted from materials provided by the Michigan Department of Education Household Nutrition Programs. 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.

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

This institution is an equal opportunity provider.

Featured Commodity: Canned Pink Salmon

Uses & Tips:

- Canned salmon is fully cooked, so it is safe to eat without cooking. If heated, serve right away or refrigerate leftovers in a container that is not made from metal.
- Canned salmon can be eaten hot or cold. For a quick and healthy lunch, use canned salmon to make a sandwich or add to a salad.
- For a savory warm meal, add canned salmon to casseroles or soup.
- EPA and DHA are omega-3 fatty acids and can be found in in seafood. Eating 8 ounces of seafood per week may help reduce the risk of heart disease.

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. 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, Facebook, and sent to monthly customers via robocall. **You may also call 989-386-6849 for a recording of all upcoming dates, including dates for private sites.**

- **Albright Shores Eagles: December 13, 10:30-11:30**
- **Alma Elks: FRIDAY December 9, 9:30-11:00**
- **Bay City Town Center: December 14, 1:00-2:30**
- **Clare Co Fairgrounds / 1st Congregational Church : Dec. 20, 10:00 - 11:00**
- **Clare Moose Lodge: December 15, 10:00-11:00**
- **Essexville Community Church: December 5, 12:30-1:30**
- **Ewart Moose Lodge: December 21, 11:00-12:00**
- **Gladwin Free Methodist Church: December 12, 10:00-11:00**
- **God's Helping Hands, Remus: December 7, 2:00-3:00**
- **Grace Community Church, Howard City: Dec 1, 1:30-2:30**
- **Gratiot Commission on Aging: FRIDAY December 9, 12:30-1:30**
- **Greendale Township Offices: December 6, 1:00-2:00**
- **Greenville Arms of Love: Dec 1, 10:30-11:30**
- **Immanuel Lutheran Church, Mt. Pleasant: THURSDAY Dec 22, 10:00-11:00**
- **Ionia Moose Lodge: FRIDAY Dec 16, 10:30-11:30**
- **Marion VFW Post: December 21, 1:30-2:30**
- **Pinconning United Methodist: December 13, 1:00-2:00**
- **Resurrection Life Church, Big Rapids: December 7, 11:00-12:00**
- **Sanford American Legion: December 6, 10:30-11:30**
- **United Methodist Church of Reed City: December 15, 2:00-3:00**
- **Food Warehouse Make-Up Day: FRI Dec 23, 9:00-11:00**

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

November Recipe: Salmon Snack Dip

Ingredients:

- 8 ounces cream cheese, softened
- 1/2 can salmon
- 2 tbsp mayonnaise
- 1 tsp lemon juice
- 2 tbsp red onion, finely minced
- 1 tsp parsley
- 1 tsp dill
- 1/2 horseradish
- 1/2 tsp salt
- pepper to taste
- preferred snacks to dip

Directions

- Divide salmon in half. Set one half aside.
- Drain and press the other portion of salmon. Chop it as finely as possible.
- Mix the cream cheese, chopped salmon, mayonnaise, lemon juice, finely minced red onion, dill, horseradish, salt, and pepper until all ingredients are well combined. A tbsp or two of juice from the canned salmon can be used to thin the mixture if necessary.
- Mix the reserved, unchopped portion of salmon into the spread.
- Serve mixture in a wide bowl. This dip can be used with crackers, broccoli, carrots, celery, cauliflower & more!