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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:

Lifeline Phone and Internet Service

Lifeline is a federal program dedicated to making phone and internet service more affordable for low-income households. This benefit provides eligible consumers with a monthly discounts, free smart phones with plans that include Unlimited Data and Talk/Text. Tribal land communities are eligible for an enhanced discount of up to \$34.25 per month.

You are eligible if you (or someone in your household) participate in one of the following programs: Supplemental Nutrition Assistance Program (SNAP), Medicaid, Supplemental Security Income (SSI), Federal Public Housing Assistance (FPHA) and the Veterans Pension and Survivors Benefit. Visit <https://www.checklifeline.org/> or go directly to <https://lifelineconnection.net>

Blueberries

Michigan ranks third in the US for growing blueberries. You can find most of Michigan's blueberries in Allegan, Berrien, Muskegon, Ottawa and Van Buren counties.

Blueberries come fresh, frozen, pureed, concentrated or canned. Which makes it easy to add them to your daily diet.

Blueberries have many wonderful qualities beginning with the excellent nutritional value that provides you with fiber, vitamin C and vitamin K, manganese and potassium. They are naturally low in sodium and have virtually no fat. Blueberries are only 80 calories per cup and full of antioxidants like flavan-3-oils, proanthocyanins and anthocyanins.

Blueberries definitely pack a multitude of goodness but its most rich in Fiber. They are heart healthy and have anti-inflammatory properties. Blueberries also promote bone development.

It is important to eat fruits because of the many health benefits. People who eat fruits and vegetables as part of their overall diet may lower their risk for certain diseases. Fruits provide nutrients needed to maintain your health and body.

A one cup serving of fresh blueberries contains 25% of the recommended daily value for vitamin c and 4 grams of fiber.

Daily recommendations for women 31-60+ yrs of age is 1 1/2 to 2 cups.

Daily recommendations for men 31-60+ yrs of age is 2-2 1/2 cups

To learn more about blueberries, visit www.myplate.gov

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: Cheese

Nutrition Information:

In general, the following counts as 1 cup from the Dairy Group:

- 1 cup of milk, yogurt or soy milk
- 1 1/2 ounces of natural cheese (cheddar, Mozzarella, Swiss or Parmesan)
- 1/3 cup shredded cheese, 1/2 cup of ricotta cheese, 2 cups cottage cheese or 2 oz of Queso fresco

Uses & Tips:

- Cheese products have many uses from casseroles to salads and even breads. Cheese does not need to be cooked or heated and can also be eaten right away

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:** April 11, 10:30-11:30
- **Alma Elks:** April 24, 9:30-11:00
- **Arms of Love, Greenville:** April 6, 10:30-11:30
- **Bay City Town Center:** April 12, 1:00-2:30
- **Clare Moose Lodge:** April 20, 10:00-11:00
- **Essexville Community Church:** April 3, 12:30-1:30
- **Ewart Moose Lodge:** April 19, 11:00-12:00
- **First Congregational, Harrison:** April 21, 10:00-11:00
- **Gladwin Free Methodist Church:** April 10, 10:00-11:00
- **God's Helping Hands, Remus:** April 5, 2:00-3:00
- **Gratiot Commission on Aging:** April 24, 12:30-1:30
- **Greendale Township Offices:** April 4, 1:00-2:00
- **Grace Community Church, Howard City:** April 6, 1:30-2:30
- **Immanuel Lutheran, Mt. Pleasant:** April 26, 10:00-11:00
- **Ionia Moose Lodge:** April 25, 10:30-11:30
- **Marion VFW Post:** April 19, 1:30-2:30
- **Pinconning United Methodist:** April 11, 1:00-2:00
- **Resurrection Life Church:** April 5, 11:00-12:00
- **Sanford American Legion:** April 4, 10:30-11:30
- **United Methodist Church of Reed City:** April 20, 2:00-3:00
- **New Hope Community Church:** May 22, 10:30-11:30
- **Christ Temple Apostolic Church:** May 22, 10:30-11:30
- **Holton Community Center:** May 23, 11:30-12:30

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.

March Recipe: Chicken Tortilla Bake

Ingredients

- 1 can or 2 chicken breasts cubed or shredded
- 12 flour tortillas *
- 1 cup white onion, diced
- 1 cup green bell pepper, diced
- 1 can Ro*Tel, undrained
- 1 can cream of mushroom soup (Low sodium)
- 1 can cream of chicken soup (low sodium)
- 12 oz Bongards Premium cheese *
- 1 tbsp butter

Instructions

- Preheat oven to 350 degrees.
- Saute onion and bell pepper with butter. Add chicken. If using raw chicken breasts, cook until no longer pink.
- Combine Bomgards, cream of mushroom, cream of chicken and Ro*Tel in a large pot on low heat, stirring frequently.
- Prepare a 9"x9" baking dish with butter and line the bottom of the dish with 6 flour tortillas, making sure to overlap.
- Add a layer of chicken onto the tortillas and then a layer of the cheese sauce. Repeat one more time (tortilla, chicken, cheese sauce).
- The last layer should be flour tortillas topped with the remaining cheese sauce.
- Bake for 40 minutes.

*For healthier options you can substitute the Bomgard's Premium cheese with a skim or low fat option. Whole wheat or gluten free tortillas may also be used to replace flour tortillas.