



mid michigan  
**COMMUNITY**  
*Action*

"Helping People, Changing Lives."

May 2024

# Tidbits

Senior Food Program Publication



**Like us on Facebook for agency updates!**

## 📞 Reminder Calls

Monthly customers will 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 x 1028.

## Your Empty Food Box: Reuse or Recycle?

- **Return clean** boxes to us at the next distribution so we can reuse them after disinfection.
- **Recycle** boxes through your residential recycling service if they are **dirty, stained**, or have been **exposed to pests**

## Upcoming Recertifications

Each month, select senior food box customers will complete their recertification. Customers must be recertified every three years.

- **May**—Customers with last names beginning with E at public distributions
- **June**—Customers with last names beginning with F at public distributions
- **July**—Customers with last names beginning with G at public distributions

## Healthy Fats

Fats get a bad reputation, but they are a very important part of a healthy diet and should be consumed daily to help with brain development, vision, energy, and other necessary functions in the body. There are different kinds of fats and choosing mostly healthy fats, such as those found in eggs, avocados, nuts, seeds, and seafood is good for your body.

Some ways to make sure you are having healthy fats are

- Have meals that focus on rice, vegetables, beans, and pasta instead of large amounts of meat.
- When eating meat or poultry, choose lean cuts and trim off excess fat before cooking.
- Boil, roast, stew, steam, or microwave foods so you don't have to add oil or fat to cook foods.
- Choose low-fat, fat-free, or skim dairy products.
- When choosing foods such as tuna, look for options stored in water, not oil.

Source: [www.myplate.gov](http://www.myplate.gov)

*This content is intended to be used as general information only and 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.*

Mid Michigan Community Action will be closed on the following dates:

- **May 27**
- **June 19**
- **July 4**

## Questions? Give Us a Call!

Bay, Clare, Gladwin, Mecosta, Midland, Muskegon, Oceana & Osceola Counties: 1-877-213-5948

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

Online: [www.mmcaa.org/seniors](http://www.mmcaa.org/seniors)

*This institution is an equal opportunity provider.*

## Mid Michigan Community Action Spotlight: Community Action

May is Community Action Month! Mid Michigan Community Action has been serving the community since 1966. We can help with food, housing, early childhood education, home energy savings, energy resources, homebuyer assistance, and more! Call the number for your county below to learn more.

Bay, Clare, Gladwin, Mecosta, Midland, Muskegon, Oceana & Osceola Counties: 1-877-213-5948

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

### Upcoming Distribution Schedule

If someone else is picking up your food, 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](http://www.mmcaa.org), Facebook, and sent to monthly customers via robocall.*

- **Albright Shores Eagles:** June 11, 11-12
- **Alma Elks Lodge:** June 24, 9:30-11
- **Anchor Point Bible Church, Norton Shores:** July 24, 10:30-12
- **Arms of Love, Greenville:** June 6, 10-11
- **Bay City Town Center:** June 12, 11-12:30
- **Clare Moose Lodge:** June 20, 9:30-10:30
- **Christ Temple Apostolic Church, Muskegon:** July 22, 10:30-11:30
- **Essexville Community Church:** June 3, 12:30-1:30
- **Evart Free Methodist Church:** June 27, 12:30-1:30
- **God's Helping Hands, Remus:** June 5, 1-2
- **Grace Community Church, Howard City:** June 6, 1-2
- **Gratiot Commission on Aging:** June 24, 12-1
- **Greendale Township Offices:** June 4, 11-12
- **Harrison Moose Lodge:** June 18, 10-11
- **Holton Community Center:** July 19, 10:30-11:30
- **Immanuel Lutheran Church, Mt. Pleasant:** June 26, 10-11
- **Ionia Moose Lodge:** June 25, 10-11
- **Marion VFW Post:** June 20, 11:30-12:30
- **New Beginnings United Methodist, Gladwin:** June 10, 10:30-11:30
- **New Hope Community Church, Shelby:** July 23, 11:15-12:15
- **Pinconning United Methodist:** June 11, 1-2
- **Resurrection Life Church, Big Rapids:** June 5, 10:30-11:30
- **Sanford American Legion:** June 4, 9:30-10:30
- **United Methodist Church of Reed City:** June 27, 10:30-11:30
- **Food Warehouse Make Up Day, Clare:** June 27, 9-11

*The calendar is also available at [www.mmcaa.org](http://www.mmcaa.org). Private distributions are not listed.*

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

## May Recipe: Tuna Pasta

### Ingredients

- 8 ounces uncooked spaghetti or other pasta
- 1 tablespoon vegetable or canola oil
- 1 small onion, chopped
- 1/2 cup chopped broccoli
- 1 1/2 cups spaghetti sauce
- 1 can tuna, drained
- 2 Tbsp shredded cheese, optional
- Salt and pepper to taste, optional

### Directions

1. Cook pasta according to package instructions, drain and set aside.
2. While pasta is cooking, heat oil in a large pan over medium heat. Add onion and broccoli. Cook until softened.
3. Stir spaghetti sauce in with vegetables. Bring to a boil and then turn heat to low and simmer for 3 minutes.
4. Add drained tuna to the sauce mixture. Stir until tuna is heated.
5. Add salt and pepper, if using, and cooked spaghetti to the sauce. Stir until mixed together uniformly.
6. Serve hot, and top with shredded cheese, if using.