

Mid Michigan Community Action

Spotlight on Community Needs Assessment

We want to hear from you!
Take the Community Needs
Assessment survey now! Visit
www.mmcaa.org/cna or scan
the QR code below



Completing the 2024
Community Needs Assessment
survey takes about five
minutes and gives us valuable
insight into the communities
we serve, helping determine
our direction over the next
three years! The assessment
analyses Census data, labor
statistics, and most
importantly, community
survey and focus group
findings.

June is National Fresh Fruit and Vegetables Month

Fruits and vegetables provide a variety of nutrients, vitamins, minerals, and fiber — while remaining naturally low in calories, fat, and sodium. Not only do they lower your risk of developing some chronic diseases, but they also help you maintain a healthy weight. June is the start of fresh fruits and vegetable season here in Michigan.

Celebrate the month by visiting a local farmers' market. Make sure to apply for the Senior Project Fresh program to receive coupons to use when buying produce at the market. Contact your local CSFP agency for more information.

Here are some fresh fruit and vegetable facts:

- Watermelons can keep you hydrated. They are thick skinned and 92% water.
- Brussel sprouts may be the healthiest vegetable. They are packed with vitamins, minerals, and have almost zero calories, fat, or cholesterol.
- Broccoli has a lot of protein. Plus, it has no fat or cholesterol.
- Apples give you energy.

Upcoming Distributions

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

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

Loss of Appetite

Medications, change in season, less physical activity, illness, denture problems are just some of the causes of a loss in appetite. It is important to check with your doctor first if you have a loss of appetite. Try to go for a walk outside in the fresh air and eat six smaller meals in a day. Eating only one meal a day makes it almost impossible to get the variety of foods and nutrients you need to stay healthy.

NUTRITION NEWS JUNE 2024

Michigan Produce Spotlight

Rhubarb

Rhubarb is a vegetable, but it is often cooked, sweetened, and combined with other fruits as a dessert. Rhubarb has a tart flavor when eaten raw. It is called the “pie plant” because one of its most popular uses is as pie filling. The leaves are toxic and should never be eaten. Rhubarb season begins in April and goes through June. Look for deeper red stalks for more flavor. Larger stalks are stringy and not as tender as the medium-sized stalks. Trim the stalks and keep wrapped in the fridge for up to three weeks for storage.

For more information: www.canr.msu.edu

Rhubarb Blueberry Crisp

Ingredients

Topping

1/4 cup packed brown sugar
1/2 cup all-purpose TEFAP flour
1/2 cup old fashioned CSFP rolled oats
1/4 cup margarine or butter, melted

Fruit Filling

3 cups chopped rhubarb
3 cups blueberries
2 tablespoons cornstarch
1/2 cup sugar
1 cup 100% CSFP apple or cran-apple juice
1 teaspoon vanilla

MyPlate Guidelines

MyPlate is an eating guide from USDA to help personalize your approach to healthy eating. MyPlate is made up of Fruits, Grains, Vegetables, Proteins, and Dairy. Think about splitting your plate up into these sections. Fruits and Vegetables should fill half of your plate. Grains, a quarter, and Protein the last quarter. Dairy is a side of milk.

Visit www.myplate.gov to learn more about healthy eating.

Directions:

1. Preheat oven to 350 °F.
2. In a medium bowl, stir together brown sugar, flour, and oats. Mix in the margarine or butter and set aside.
3. Spread the rhubarb and blueberries in an 8x8 inch baking dish and set aside.
4. In a medium saucepan, mix cornstarch and sugar and stir in the juice. Cook over medium heat, stirring all the time, until the mixture has thickened. Turn off the heat.
5. Stir in vanilla and pour the mixture over the rhubarb and blueberries.
6. Crumble oat mixture on top of the fruit.
7. Bake for 45 minutes or until topping is browned and fruit is bubbling at edges. Serve warm or cold.

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.

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.