



mid michigan
COMMUNITY
Action

"Helping People, Changing Lives."

July 2020 *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.

Please Recycle Commodity Boxes



In the interest of public health, please recycle your commodity boxes. We are currently unable to accept return boxes. An announcement will be made when we are able to resume box return. Thank you for your help!

Focus On: Senior Project Fresh

The Senior Project FRESH/Market FRESH program is aimed at helping older adults eat healthier as they age. The program provides participants free nutrition counseling and \$20 in coupons that can be exchanged for fresh fruits, vegetables, and other healthy foods sold at local farmers markets and roadside stands. Residents who are age 60 or older with a total household income of \$22,459 or less for an individual, or \$30,451 for a couple, are eligible to apply for the program. Applicants must live in a county participating in the program. If you think you are eligible and would like to participate in the program, please locate your lead agency by visiting https://www.michigan.gov/osa/1,4635,7-234-64083_43343---,00.html.

Commodity Food Program Updates

We hope that this newsletter finds everyone safe and in good health. There have been many changes in our lives the last few months, and we thank you for your patience while we determine what our "new normal" looks like at commodity food distributions. We wanted to share a few important updates with you:

- **Robocalls-** starting in July, robocalls will originate from a new phone number: 989-386-6849. If you return the call to this line you will reach a recorded message that provides distribution dates for the current month.
- **Scheduling Changes-** Safely adapting to each site's unique needs has required some scheduling changes. Thank you for adapting with us. Scheduling change info is sent via robocall. If you participate in CSFP and do not currently receive robocalls, but would like to, please give us a call. Changes to public distributions are also posted on Facebook and our website.
- **Public Distribution format-** we've heard from many of you that you're liking the new distribution format! We are excited to announce that we will continue "drive-up" style distributions indefinitely.
- **Apartment Complex "Private" distributions:** Distributions will continue to evolve as best safety practices for gatherings evolve. Any changes to apartment distributions will be shared via robocall.
- **Recertifications-** Recertifications have temporarily been paused, but will be resuming soon. If you are due for recertification we will contact you over the phone to complete your application. Paperwork may be mailed to you for signatures. It is very important to return this paperwork in a timely manner.
- **Commodity Cards (Yellow & White Cards)-** We will be phasing out commodity cards. If you are a CSFP (monthly food box customer) you will need to show a copy of your ID to pick your box up. If a proxy picks up your box for you, they will need to show their ID. No ID is needed to pick up TEFAP boxes.
- **Box return-** For now, we are unable to accept returned commodity boxes. Thank you to everyone that has been hanging on to them. We will make an announcement when we're able to resume box return. For now, please recycle any commodity boxes you have.

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: White Rice

Nutrition Information:

- A serving of cooked rice is 1/2 cup- about the size of a cupcake wrapper.
- Rice is a part of the choosemyplate.gov grain category

Uses & Tips:

- Serve rice as a base for dishes such as stews or use rice as an ingredient in main dishes such as casseroles, soups, burritos, or fried rice.
- Add herbs, spices, onions, mixed vegetables, or diced tomatoes to rice to make a flavorful side dish.

August's 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 any scheduling changes may occur. Scheduling changes will be posted on MMCAA.org, on our Facebook, and sent to monthly customers via robocall. You may also call 989-386-6849 for a recording of all current month distribution dates.*

- **Albright Shores Eagles:** August 11th; 10:30 to 11:30
- **Alma Elks:** August 24th; 9:30-11:00
- **Bay City Town Center:** August 12th, 1:00-2:30
- **Clare County Fairgrounds:** August 18th; 10:00-11:30
- **Clare Moose Lodge:** August 20th; 10:00-11:30
- **Essexville Community Church:** August 3rd, 12:30-1:30
- **Evart Moose Lodge:** August 19th; 11:00-12:00
- **Gladwin Free Methodist Church:** August 10th; 10:00-11:30
- **God's Helping Hands of Mecosta County:** August 5th; 2:00 - 3:00
- **Gratiot Commission on Aging:** August 24th; 12:30-1:30
- **Greendale Township Offices:** August 4th; 1:00-2:00
- **Greenville Armory:** August 6th 10:30-11:30
- **Howard City VFW Post:** August 6th; 1:30-2:30
- **Immanuel Lutheran Church:** August 26th; 10:00-11:00
- **Ionia Moose Lodge:** August 25th, 10:30-11:30
- **Marion VFW Post:** August 19th; 1:30-2:30
- **Pinconning United Methodist:** August 11th; 1:00-2:00
- **Resurrection Life Church:** August 5th; 11:00-12:00
- **Sanford American Legion:** August 4th; 10:30-11:30
- **United Methodist Church of Reed City:** August 20th; 2:00-3:00
- **Clare Warehouse Missed Distribution Makeup Day:** August 27th 9:00 - 11:00

Private distributions are not listed.

July Recipe: Not Fried Rice

Ingredients

- 1 Tbsp garlic powder
- 1 Tsp ginger
- 1 large carrot, thinly sliced
- 1 bell pepper, diced
- 1 cup frozen peas
- 4 green onions, chopped
- 2 Tbsp cooking oil
- 2 large eggs
- 3 cups cooked & cooled rice
- 3 Tbsp soy sauce

Directions

1. Add 1 tbsp cooking oil to a large skillet over medium heat
2. Add diced carrot and the white ends of the green onion (save the tender green ends for adding after cooking). Sauté for about 2 minutes.
3. Add the frozen peas and sliced bell pepper. Sauté until the peppers begin to soften.
4. Add garlic & ginger
5. Add the rice and sauté for 2-3 minutes more,
6. Crack the eggs into a bowl & whisk. Push the contents of the skillet off to the sides, exposing the center of the skillet. Add 1 tbsp of cooking oil to the skillet in the center, then pour in the eggs. Scramble eggs for 1-2 minutes, then stir to mix into the other ingredients.
7. Stir in soy sauce.
8. Serve immediately with fresh green onion sprinkled over top.

*adapted from
budgetbytes.com*