



mid michigan
COMMUNITY
Action

"Helping People, Changing Lives."

July 2023

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 x1203.

Your Commodity 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**

Focus on: MMAP Michigan Medicare/Medicaid Assistance Program

MMAP is a free, unbiased resource to help navigate Medicare and Medicaid.

MMAP doesn't sell Medicare plans—they help you understand them. Their local, certified counselors offer personal assistance at no charge.

Call 1-800-803-7174 to speak to a counselor or visit mmapinc.org.

Cooking Tips

Build confidence, skill, and delicious meals in the kitchen with these tips:

- **Plan weekly menus:** Writing a menu saves time and money. Writing down your weekly meals and snacks helps make a shopping list of missing ingredients and makes weeknight cooking easier.
- **Read the entire recipe first:** Make sure you have all the ingredients before you begin cooking.
- **Stay safe:** Wipe all spills on the floor immediately to avoid slipping. Use sharp knives and cut away from your body. Turn pot and pan handles in so they don't extend out to catch on a shirt. Don't leave cooking food unattended.
- **Avoid overcrowding:** Putting too much food into one pan or baking sheet keeps food from cooking evenly and edges from browning.
- **Experiment with seasonings:** Replacing salt with herbs can cut sodium and up flavors and nutrients.
- **Clean as you go:** Placing a "garbage bowl" on the countertop to collect food trimmings will make for less mess and fewer trips to the garbage can while cooking. Wiping up a wet spill is easier than when it has dried. Have 5 minutes while something's in the oven? Do 5 minutes of dishwashing to save on after-meal cleaning.

For more tips visit www.myplate.gov

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.

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

- **July 4, 2023**
- **September 4, 2023**

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

This institution is an equal opportunity provider.

Featured Commodity: Peaches

Nutrition Information:

A medium-sized peach has only 60 calories, very low sodium, and no saturated fat. Peaches are a good source of many nutrients, such as fiber, vitamins C, E, and K, manganese, and potassium.

Uses & Tips:

Michigan produces more than 21.2 million pounds of peaches. Peach season in Michigan falls in July and August. Peach orchards can be found on the west side of the state along Lake Michigan. Peaches can be fresh, canned, frozen, or dried. They are great on their own or added to salads, sandwiches, pies, and other desserts.

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, Facebook, and sent to monthly customers via robocall.

- **Albright Shores Eagles:** August 8, 10:30-11:30
- **Alma Elks:** August 28, 9:30-11:00
- **Anchor Point Bible Church, Norton Shores:** September 27, 10:30-11:30
- **Arms of Love, Greenville:** August 3, 10:30-11:30
- **Bay City Town Center:** August 9, 1-2:30
- **Christ Temple Apostolic Church, Muskegon:** September 25, 10:30-11:30
- **Clare Co. Fairgrounds, Harrison:** August 15, 10-11
- **Clare Moose Lodge:** August 17, 10-11
- **Essexville Community Church:** August 7, 12:30-1:30
- **Ewart Moose Lodge:** August 16, 11-12
- **Gladwin Free Methodist Church:** August 14, 10-11
- **God's Helping Hands, Remus:** August 2, 2-3
- **Grace Community Church, Howard City:** August 3, 1:30-2:30
- **Gratiot Commission on Aging:** August 28, 12:30-1:30
- **Greendale Township Offices:** August 1, 1-2
- **Holton Community Center:** September 26, 11:30-12:30
- **Immanuel Lutheran Church, Mt. Pleasant:** August 23, 10-11
- **Ionia Moose Lodge:** August 22, 10:30-11:30
- **Marion VFW Post:** August 16, 1:30-2:30
- **New Hope Community Church, Shelby:** September 25, 10:30-11:30
- **Pinconning United Methodist:** August 8, 1-2
- **Resurrection Life Church, Big Rapids:** August 2, 11-12
- **Sanford American Legion:** August 1, 10:30-11:30
- **United Methodist Church of Reed City:** August 17, 2-3
- **Food Warehouse Make Up Day, Clare:** August 24, 9-11

The calendar is also available at 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.

July Recipe: Grilled Cheese with Peaches

Ingredients

- 8 slices of whole grain bread
- 1 can of peaches, drained
- 8 slices of cheese
- Spinach or green of choice, washed and patted dry
- 4 teaspoons vegetable oil

Directions

1. Heat the 4 tsp of vegetable oil in a large non-stick pan over medium heat.
2. Place 4 slices of whole grain bread in the pan.
3. On each slice of bread in the pan, layer one slice of cheese, a handful of spinach, 4 to 6 peach slices, another slice of cheese, and a slice of bread.
4. After 4 to 5 minutes, flip each sandwich and cook another 4 to 5 minutes.