



Spotlight on Property Taxes

If you're behind on your property taxes or unsure how you're going to pay your summer property taxes, Mid Michigan Community Action may be able to help!

Let our HUD-Certified Housing Counselors help you understand your options and find the best solution for your home.

Call 1-877-213-5948 or email contactus@mmcaa.org

Malnutrition

Malnutrition happens when our diets do not contain the right amount of nutrients, like vitamins, minerals, or calories. Sometimes it means not getting enough nutrients, and sometimes it means getting too much.

Unwanted muscle and fat loss can occur if nutrients are missing and diseases like heart disease and diabetes can develop if there is too much.

The best way to prevent malnutrition is by having a well-balanced diet. MyPlate is a great guide to create meals, show what types of foods and how much of that certain food group you should eat to meet the right amount of nutrients for a healthy body.

The MyPlate guide says half of your plate should be fruits and vegetables, a quarter should be whole grains, and the last quarter a variety of protein. You should also be consuming low-fat or fat-free dairy. Eating three meals a day, along with 2-3 snacks throughout helps to keep you healthy.

Water is also an important nutrient to consider for malnutrition.

For more information on MyPlate guidelines, visit www.myplate.gov.

Upcoming Distributions

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

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

Are vegetables or fruit too hard to cut and/or chop?

- Try precut fruits and vegetables.
- Use a slow cooker or pressure cooker to soften vegetables.
- Try adaptive equipment for better grip!

Michigan Produce Spotlight

Raspberries

Michigan has the perfect weather to grow raspberries from late June to October. Raspberries can be sweet or tart and have a delicate, spongy texture. Raspberries can be eaten raw, made into jam, smoothies, baked goods, and more! Raspberries are available fresh, frozen, or dried which all provide great nutrients for our health. When buying fresh raspberries, choose plump, dry, and firm raspberries. You can freeze raspberries in an airtight container for up to 12-18 months!

Visit www.canr.msu.edu for more information.

Apple Chicken Salad

Ingredients

- 2 red apples
- 2 celery stalks (diced)
- 1 can of chicken; drained
- 1/4 cup plain non-fat Greek yogurt
- 1/2 cup raisins
- 1/4 cup mayonnaise
- Salt and pepper to taste
- Lettuce (romaine, green or red leaf)

Directions

1. Cut apples in quarters; remove core and chop.
2. In a medium size bowl, mix all ingredients, except lettuce.
3. To serve, arrange lettuce on serving plates top with apple and chicken salad.

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.

MyPlate Guidelines: Fruit

One of the main food groups of MyPlate is fruit. Fruits are low in fat, sodium, and calories. They are also high in vitamins, minerals, and fiber which promotes a lower risk of certain diseases like heart diseases or cancer.

Fruits provide nutrients that boost our immune system to help fight infections and sickness, reduce inflammation, and improve skin and nail health. Some examples of fruits are apricots, peaches, apples, plums, raspberries, and pears.

Tips to Eat More Fruit

- Include fruit at breakfast. Top cereal with your favorite fruit.
- Take fruit on the go. Take a banana or an apple with you for a snack.
- Make fruit kabobs using melon chunks, bananas, and grapes. Top with a light yogurt sauce for a fruity snack or side dish.
- Add fruit at dinner. Chop up a combination of fruits to make a fruit salsa to top fish or chicken or add fruit like apple wedges or grapes to a tossed salad.
- Keep fruit on hand. Cut up fruit and place in a bowl in the refrigerator.

Visit myplate.gov to learn more about the health benefits of fruits within our body.

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.