



Spotlight on Local Food Purchase Assistance

Have you noticed the fruits, vegetables, and other fresh foods in your USDA food boxes lately? That’s thanks to the Local Food Purchase Assistance Cooperative Agreement (LFPA) program.

LFPA allows us to purchase food directly from local growers that could include fruits, vegetables, meat, poultry, seafood, eggs, foods made from local ingredients, and more. We can then distribute the food directly to you!

Thank you to all our participating farmers:

- MOO-ville Creamery
- M&M Farm Market
- JNelson Farms
- Tom’s Taters
- Wagner Farm
- Gregory Asparagus Farm
- Gavin Orchards
- Arnold Farms
- Far Hills Maple Syrup

Sleep

The average adult should be sleeping 7-8 hours a night. The average American sleeps less than 7 hours a night which is affecting our bodies more than we think. Sleep is very important for our health including brain performance, boosts immune system, and mood. Lack of sleep can lead to a higher risk for diseases like heart disease, obesity, diabetes, and dementia.

Try these sleep tips:

- Be consistent with your sleeping schedule. Go to bed at the same time every night and wake up at the same time every morning.
- Avoid caffeine, alcohol, or large meals before bed.
- Turn off TVs, computers, or smartphones before you get into bed.
- Be physically active throughout the day.
- Make your room comfortable – dark, quiet, right temperature for you.
- If this is something you cannot control, try a sleep eye mask, ear plugs, white noise, or use a fan/heater to maintain room temperature.

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.

Naps

Napping can be great for relaxing, being more awake, or having a better mood throughout the day. On the other hand, someone can feel more tired after a nap or even affect their sleep at night if not done right.

- Keep naps to 15-30 minutes.
- Take naps earlier in the day.
- Nap in a comfortable space.
- Allow time to wake up before doing activities.

Michigan Produce Spotlight

Melons

Michigan melons' season runs from August through September. Melons are usually round, juicy, and taste sweet. Michigan grows cantaloupe, honeydew, and watermelon. Melons are a great source of fiber, vitamin C, and vitamin A that help with feeling full, healing our bodies, eye health, and fighting sickness. Ripe uncut melons can be stored on the counter for 3-5 days or in the fridge for 1 week. Cut melon should be stored in an airtight container in the fridge for no more than 4 days.

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

Marinated Three-Bean Salad

Ingredients

- ½ can pinto beans
- ½ can of cut green beans
- 1/2 can of red kidney beans
- 1 onion (medium, chopped)
- 1/2 cup celery (chopped)
- ½ cup Italian salad dressing (fat-free)

Directions

- Drain the canned beans.
- Peel and chop the onion.
- In a large bowl, combine the pinto beans, green beans, kidney beans, onion, and celery.
- Pour the Italian dressing over the vegetables and toss lightly.
- Cover the bowl and marinate in the refrigerator for at least one hour. The salad can be left in the refrigerator overnight.
- Drain before serving.

MyPlate Guidelines: Grains

Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also part of the Grains Group.

Grains have two subgroups: whole grains and refined grains. Whole grains have the entire grain kernel, which includes the bran, germ, and endosperm. Some whole-grain examples are whole-wheat flour, bulgur (cracked wheat), oatmeal, and brown rice.

Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life. But it also removes dietary fiber, iron, and many B vitamins. Some examples of refined grain products are white flour, corn grits, white bread, and white rice.

Refined grains should be enriched. This means adding back certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron. However, fiber is not added back to enriched grains. Check the ingredient list on refined grain products. The word "enriched" should appear in the grain name.

Visit www.MyPlate.gov for more information.

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.

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.